Disability NOW

£1.60 March 1998

The award winning newspaper for everyone with an interest in disability

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Victory first for DDA



Cheers: Residents invited to a Boxing Day pub celebration by care home manager Carmel Leyland (*right*) finally have something to smile about. LOUGHBOROUGH ECHO

People with learning disabilities have won £8,000 from a pub landlady in a landmark decision under the Disability Discrimination Act (DDA).

National charities believe the award is the first successful court action under the goods, facilities and services section of the DDA, which came into effect in December 1996.

The group, ten residents of Loughborough Residential Homes, had been invited to a party at the Plough in Loughborough by their care home manager, Carmel Leyland, on Boxing Day 1996.

But the landlady, Imelda Lydon, refused to serve them.

Loughborough County Court ordered her to pay the residents £800 each.

Resident, Rachael Marston, said: "Our feelings were hurt. Anyone should be able to go to a pub."

Mrs Leyland said: "Our clients were furious once we explained to them what had happened. They were very determined to publicise the DDA and highlight the rights of disabled people."

Mrs Lydon, who was not available for comment, has asked for the ruling to be set aside, which would prompt another hearing.

Under the DDA, at least 35 summonses have been issued alleging discrimination over goods, facilities and services.

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Minimum wage will hit us hard, warn homes

The national minimum wage could lead to job losses in care homes and day centres, the National Council for Voluntary Organisations (NCVO) has warned.

Voluntary groups gave evidence to the Low Pay Commission in January which highlighted the problems facing funders and providers of community care.

The National Care Homes Association (NCHA) is one of the organisations that gave evidence. Chairman, Barry Hartley, said: "I was able to express NCHA's worries about the effect on training and quality assurance if the wage is set too high."

A rate above £3.40 an hour could impact on disabled people in residential accommodation and those employing carers in their own homes, like Marion Stanton, who has a disabled son. She told *DN*: "I would not consider leaving my son in residential accommodation if I wanted respite care because I am so afraid of this kind of care.

"It is already under-staffed and under-resourced. The national minimum wage might make this situation worse."

The Forum of Private Business has looked at how the wage will affect 300 care homes at the start of this year.

Its report concluded: "The residential care sector is particularly vulnerable to the cost impact of the national minimum wage, because of the wages of its staff and budget restraints on local authorities.

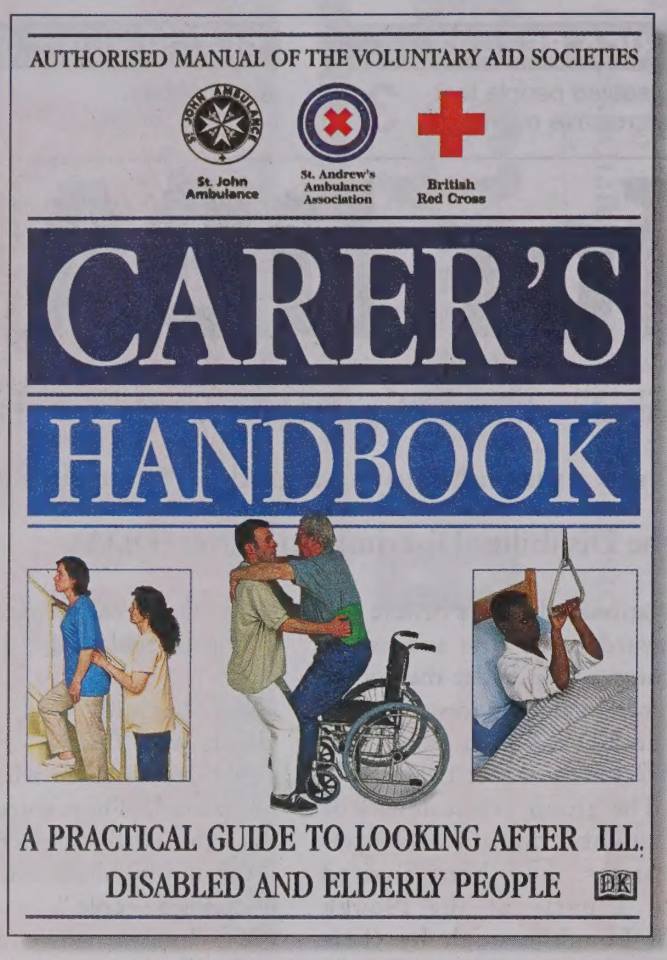
"At above £3 an hour, the national minimum wage would have a significant impact on costs and this will increase sharply at a level above £3.40 an hour."

Marathon man



DN production editor, Damien Vessey, will be running in his fourth London Marathon next month – on behalf of *DN*. He wants to raise money to fund work experience for disabled trainee journalists on *DN*. Please help by sending a cheque to him, payable to *DN*, address on page 3. Damien also cycles and plays five-a-side soccer – and is learning sign language. On 26 April he hopes to beat his best time of 3 hours 17 minutes.

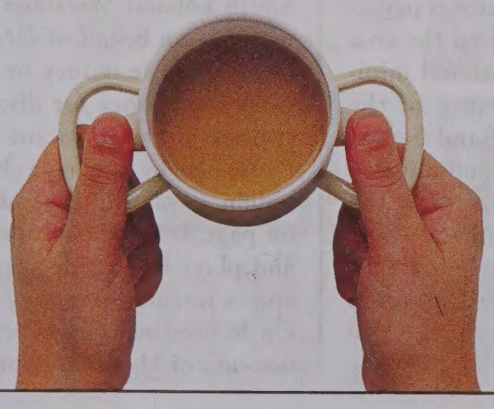
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Peers' cannabis plan

A House of Lords committee is to investigate decriminalising cannabis. The inquiry will look at the scientific evidence for the use of the drug.

The British Medical Association and charities have welcomed the move. *DN* editor, Mary Wilkinson, said: "Our survey last year showed that disabled people use cannabis to relieve pain, stress and muscle spasm. We hope the inquiry will substantiate these findings and lead to a Government change of heart."

See also page 7

Multicultural capital

Artsline, London's information and advice service for disabled people, has launched a multicultural access guide, with information on community and entertainment centres and places of worship for disabled people from black and ethnic minority communities.

Tel: 0171-388 2474.

The real cost of care

The Government believes proper care in the community will cost £500 million and plans to invest this amount of new money over the next ten years, according the BBC, which claims to have seen a leaked document.

See also page 6



Give her a hand: Actress Lesley Joseph meets Russell Gilmore from Sense, the deaf-blind charity. Russell, who has Usher syndrome, talked to Lesley through interpreter, Siobhan Richardson *(right)* using the "hands-on" method of British Sign Language. GILES BARNARD

Charity faces legal claim

Two disabled men are taking a disability charity to an industrial tribunal under the Disability Discrimination Act (DDA).

They say they met minimum requirements for a job and should have been shortlisted.

Bill Fisher and Dougie Herd, both applied for the post of director of Disability Scotland, an umbrella group of organisations, a year ago.

Mr Fisher said: "The advertisement said there was a guaranteed interview scheme, which should mean that everyone who meets the minimum requirements is interviewed. Neither of us was."

The case was being heard as DN went to press. Bob Benson, the successful applicant, who is himself disabled, did not want to comment at present.

Charities are not alone in having problems with the DDA. While the number of cases brought under the act are on the increase, disabled employees face a tough fight.

According to the Advisory, Conciliation and Arbitration Service (ACAS), there were 1,198 applications to tribunals under the act during the 13 months to the end of December this year, with the rate of increase going up over that period.

Of these, 14 were successful, 52 were unsuccessful and 466 were settled or withdrawn. The rest are still to be heard.

ACAS director, Derek Evans, said: "It is becoming clear that the onus is on the employee to prove that their disability has a substantial, adverse effect on their ability to carry out normal, day-to-day activities."

Meanwhile, the Labour Research Department says that almost two-thirds of disabled workers it surveyed felt they had experienced discrimination at work and a third of those rated employers' policies and practices as poor.

• The Government is reviewing the threshold that exempts companies with fewer than 20 employees from the DDA.

Gives us a new law, say Scots

Scottish charities are asking the Government to introduce a law on the rights of people with mental impairment, fearing that Scotland will lag behind the rest of the UK on this issue.

The current laws date back to the 16th Century. The charities want the Incapable Adults Bill, recommended by the Scottish Law Commission in 1995, to be enacted.

This would clarify which decisions a person could make about finance and welfare and which should be made by a carer. The bill is similar to a consultation document for England and Wales, issued by the Lord Chancellor in December (*DN* January).

The charities fear that the present system makes people vulnerable to financial abuse.

Colin McKay, legal and policy adviser at the Scottish learning disabilities charity ENABLE, said: "We are concerned about the day-to-day issues of managing money and personal affairs.

"We don't want to wait for a Scottish Parliament, which might have its own priorities."

But disability groups in England are concerned over proposals in the both the Bill and the document that would allow the courts to appoint carers or guardians to accept treatment on people's behalf.

DisabilityNOW

Published by Scope
Editor Mary Wilkinson
Assistant Editor Vacant
Reporters Rod Hermeston
Lisa Hitchen
Editorial Assistant/ Secretary Dan Batten
Production Editor Damien Vessey
Scope, 6 Market Road
London N7 9PW
Editorial: 0171-619 7323
Fax: 0171-619 7331
Minicom: 0171-619 7332
E-mail: editor@disabilitynow.org.uk

CIRCULATION
Manager Karen Bresloff
Deputy Manager Saira Khan
Assistant Patrick Durham-Matthews
Tel: 0171-619 7317

ADVERTISING
Richard Gresham, Kingslea Press Ltd, 12 Dock Offices, Surrey Quays Road, London SE16 2XU Tel: 0171-252 1362
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Government says no to early law on ageism

The Government has backed away from an earlier pledge to legislate against age discrimination in employment.

Linda Perham MP has put forward a Private Members Bill that would make it an offence to place an advertisement with actual or preferred age limits.

So far 155 MPs have signed an Early Day Motion supporting the bill. The debate on the bill's second reading was due to take place as *DN* went to press.

Employment Minister, Andrew Smith, welcomed the bill, saying it would highlight the issue. Without Government help, however, the bill stands little chance of becoming law.

Mr Smith added that future legislation was "a possibility" but said a new law could result in "burdens on business".

He is consulting on ageism at work, prior to introducing a voluntary code of practice. The Government is also banning job centres from putting an upper age limit on vacancies.

Meanwhile, Age Concern made a big stir with posters of 56-year-old Pearl Read *(right)*. It also released findings showing that 10 million people had experienced age discrimination in employment and that nearly 75 per cent of people surveyed wanted age discrimination at work to be made illegal.





Please level with us: Danny Cripps, chair of Dart (Dial-a-Ride and Taxicard Users), hands a 15,000-signature petition to the Transport Minister, Glenda Jackson, calling for fully accessible public transport.

Action on benefit cuts

Disabled people are to get safeguards to stop them wrongly losing benefit. This follows claims that the Government was using fraud scares to soften up the public for benefit cuts.

Social Security Secretary Harriet Harman has said that more evidence will be sought before cuts are made to a person's Disability Living Allowance (DLA) under the Benefits Integrity Project.

In future no decision to reduce or remove entitlement will be made solely on evidence provided by the claimant.

A row erupted last month about Government figures on overpayment for DLA, discovered under the project, which will eventually reassess 400,000 people.

Of 33,490 people assessed, 6,112 had had benefit stopped or cut and newspapers suggested that overpayments could amount to £1 billion. But the figures included 7,000 people whose benefits were reviewed because their condition was expected to improve. And one in five of those who lost benefit had it restored on appeal.

Disability benefits are currently under review and ministers, including Ms Harman, have been booed at Labour's welfare roadshows, staged to convince supporters that reform is needed. The Government says it wants to help disabled people to work.

But Richard Wood, chief executive of the British Council of Disabled People, said the figures were part of a disinformation exercise to persuade the public that cuts were justified.

Richard Brewster, chief executive of Scope, said: "The effort going into knocking the barriers down over employment is nothing like enough. Until you tackle that, it's a waste of time taking people off benefits and trying to get them into work."

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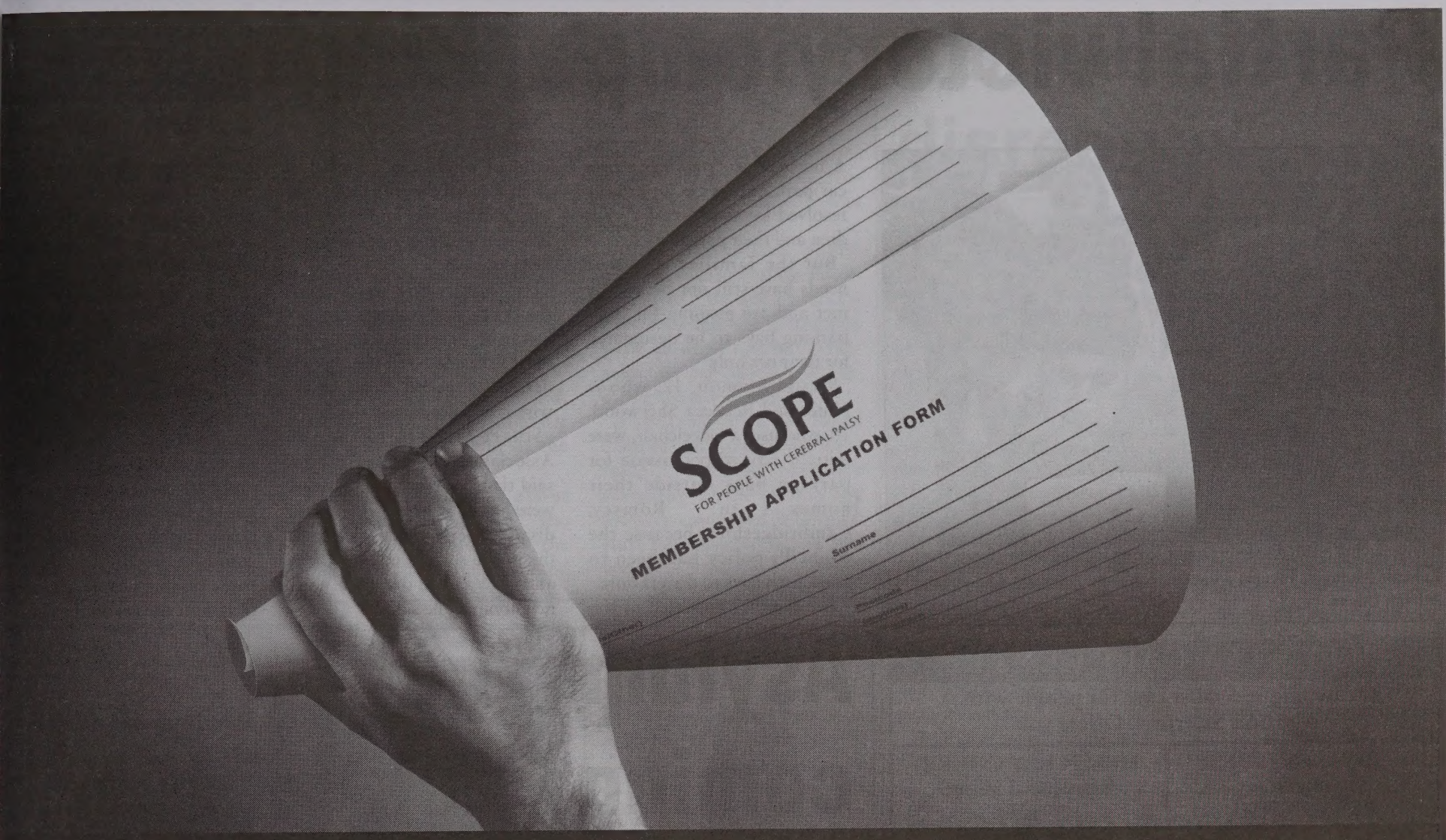
Making a mark

Mark Oaten MP *(below)* succeeds Paul Burstow as Liberal Democrat spokesman on disability. "I will play my part in helping to defend allowances and in pressing the Government on civil rights," he promised.



• Peter Bottomley has resigned as co-chair of the All Party Disablement Group after less than a year. He is being replaced by fellow Conservative MP Theresa May.

Ms May, who is also chair of the Conservative disability group, told *DN*: "I am very pleased to have been appointed. There is a lot of work to be done in this area, especially in view of the Government's welfare reform proposals."



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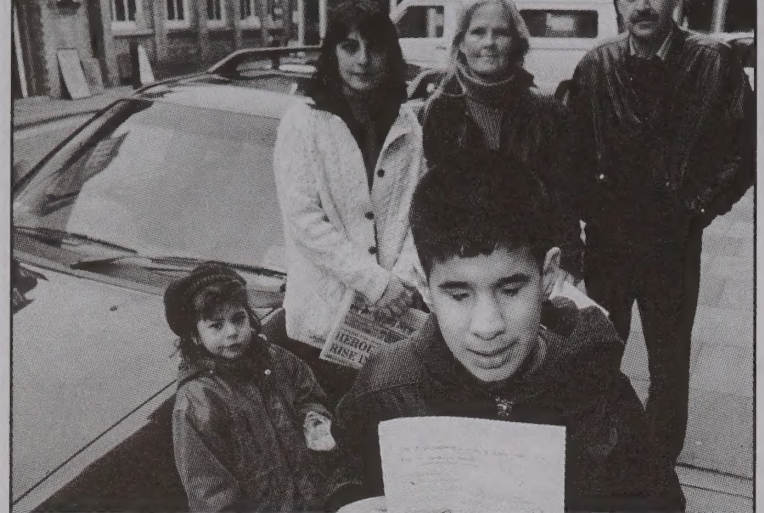
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Partial victory on parking



Bay watch: Khalid Memon, front, campaigning with (from the left) Zahrah Memon, Juveria Memon, Susanne Peterson and councillor Adrian Lucas CAMBRIDGE EVENING NEWS

A bureaucratic nightmare over car parking has been partially resolved for two disabled children and their parents.

But the families say their needs have still not been fully met and are pushing for their parking bays to be designated for their use only.

Khalid Memon, 12, who is blind, and Rebecca Sherwood, 10, who uses a wheelchair, were initially refused permission for parking bays outside their homes in Romsey, Cambridgeshire, because the council's policy had been to grant such bays to drivers only.

The families appealed to the council where city councillor, John Ratcliff described them as exceptional cases and the families' request for a review has been granted.

However, while welcoming the decision, Rebecca's mother Susanne Peterson said: "We must wait and see if the council designates the bay to us, otherwise it will not be any use."

Stuart McGoff, of the UK Association of Access Officers, said that disabled parking bays were hardly worth having. "Any disabled person can use them, the police seldom enforce them and they cause disputes with neighbours," he said.

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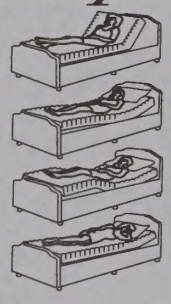
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DN3/98

Asylums 'not coming back'

The Government is denying that its plans to open more institutions for people with mental health problems mean a return to Victorian asylums.

In an interview in the *Daily Telegraph*, Health Secretary Frank Dobson said that the Government was concerned at the number of people who had been attacked or murdered by people with mental illness.

A recent Government report said that one murder is committed about every two weeks by someone with mental health problems and about 1000 people with mental health problems commit suicide every year.

Mr Dobson said many people with mental health problems had not had enough support in the community. A Department of Health (DoH) spokesman told *DN*: "There is no room for complacency and we must do everything we can to reduce the risk to the person with the mental health problem and the public."

Health Minister Paul Boateng will announce new proposals for mental health care in the Spring. The Government wants to see more 24-hour nursing secure units to replace some of the current 40 long-stay psychiatric institutions.

An independent group will spend the next three years looking at the DoH plans, at existing services and new options.

But a DoH spokesman told *DN*: "We are continuing with the policy of care in the community. Some people will be able to cope in the community with proper support, while a small number will need 24-hour nursing care."

Grainne McMorrow, legal and policy manager at SANE, said: "We support care in the community and we feel that the Government is pandering to the public with this announcement.

"It is important to preserve the long-stay hospitals and other services until there is proper integrated community care and housing for people with mental illness."



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In brief

Call for cloning views

Government advisers are urging an open mind on cloning, after the announcement by an American scientist that he intends to clone people.

The Human Genetics Advisory Commission has issued a consultation paper **Cloning Issues in Reproductive Science and Medicine,* asking for views on the potential for research into ageing, cancer, cystic fibrosis and Parkinson's disease, which could, in some cases, lead to cures. Such cures, however, could be hindered by blanket bans: cloning people is currently against the law in the UK.

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Employment advice

Universities should act as examples by encouraging the employment of disabled staff, a conference has heard.

The conference, Partnership on Campus, jointly organised by the Committee of Vice-Chancellors and the Association of University Teachers, coincided with the release of two booklets, giving advice on how universities can improve recruitment. **Guidelines on Disability for Universities and Colleges in Higher Education* is published by the Commission on University Career Opportunity, £5, and ***Disability and Equality on Campus*, free, by the AUT.

**Tel: 0171-419 4111, **tel: 0171-221 4370.*

Elections made easier

The Government is to look at access to elections for disabled people as part of a wider review, which is expected to consider electronic voting, mobile polling booths and more use of postal votes.

The Home Office Working Party on Electoral Procedures will make recommendations and the Government hopes to introduce changes as soon as possible.

Magistrates open up

Magistrates courts are to be made more accessible to disabled people. Changes introduced last month by the Lord Chancellor's Department mean that defendants and witnesses will receive details of a court's facilities before a case is heard. Court staff are also to receive training on disability issues and each court will appoint a disabled person's officer, to oversee access issues.

Hospital staff slammed

A blind woman with epilepsy has made an official complaint about the way she says she was treated in a Leeds casualty department after she had a seizure.

Andrea Lamb, 30, was taken by ambulance to the casualty department of Leeds General Infirmary one night in January.

She claims that a doctor gave her a speedy examination without any reassurance and then asked if she would like to leave.

Her seizure had made her incontinent and although she was led to a toilet, she says that nurses did not offer to help her, and that nobody came to collect her and escort her out of the hospital.

After wandering around alone, using her white stick, she claims she eventually found herself in the X-ray department, where she had another seizure. She was not found for several hours, she told *DN*.

After she had come around, she said she was dragged to her feet and marched out of the hospital by a nurse.

"I feel very nervous about ending up there again", she said. "I am frightened of the place and the staff. They need better training on visual impairment and epilepsy. No-one asked me how I was feeling."

Andrew Bannister, public relations manager of the hospital, said: "We are naturally concerned that she is unhappy with an aspect of her treatment. We are currently investigating the matter fully."

A spokesman for the Royal National Institute for the Blind said: "We have complete sympathy for the woman and are very concerned if hospital staff have treated her in this way."



Legal access: Student Robin Redmond meets Cherie Booth, QC, at the opening of the legal training resource centre at the Inns of Court School of Law, Gray's Inn, London. The school claims its £1 million refurbishment makes it the most modern information technology and library reference resource for law students in the UK. "We give as much help as possible to disabled students to enable them to get through the course," a spokesperson said.

Court victory

Former coal miners have won damages for pain and suffering due to lung damage caused by coal dust in a settlement that could eventually cost the Government £1 billion.

But half of those who might be eligible for compensation may have died already.

In six test cases in the High Court Mr Justice Turner criticised the former National Coal Board for not protecting the miners from the dust.

All six have a combination of chronic bronchitis, emphysema and small airways disease. The judge awarded damages ranging from £3,200 to £10,500.

Cannabis law 'in disrepute'

Cannabis decriminalisation is underway, but antique laws still prevent the drug from being legalised for medicinal purposes, says MP Paul Flynn.

His claim follows figures showing prosecutions for possession have doubled, while cautions for the offence have risen nine-fold over the last ten years – from 4,000 to 40,000.

Meanwhile, minister Paul Boateng has written to Brian Iddon MP, a member of the Misuse of Drugs Group, saying that the Government would not consider licensing cannabis for medicinal use until there was more "reliable, methodologically sound scientific evidence" as to its benefits.

Mr Iddon said: "We want the Government to put together a strategy that involves a commitment to a funded research programme into the efficacy of cannabis for medicinal purposes. Until we get this, the pharmaceutical companies won't do anything. What company would want to do research on something which already exists and that they can't patent?"

Disability Wales and the Arachnoiditis Trust support *DN*'s cannabis campaign. Two hundred and sixty-one people out of 267 have now responded positively to the survey.

The Spinal Injuries Association is urging its members to ask their MPs to sign *DN*'s Early Day Motion calling for cannabis to be legalised for medicinal purposes. Thirty three MPs have signed so far.

Fears on abortion plan

Plans to make abortion easier have caused concern among disability rights campaigners.

An Early Day Motion in the House of Commons by Labour MP John Austin has received the backing of over 60 MPs. Mr Austin is proposing a bill allowing women wanting an abortion to be referred by one doctor instead of two. He was prompted by Health Secretary Frank Dobson's promise last month to look at ways of introducing abortion on demand.

But Rachel Hurst of Rights Now, the consortium of organisations campaigning for rights for disabled people, told *DN*: "Our main concern is that abortion is not made easier after 24 weeks because the foetus has a disability. This would be outrageous discrimination."

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Contact National Information Officer, John Hedderman on 0171 828 1822

New lottery draw rules threaten charity cash

Disability charities fear that Government plans to slash the number of draws in computerised pub-based lotteries could hit their income.

One game, Pronto!, managed by the firm Inter Lotto (UK), allows individual charities to have their own draw, so gamblers know where a donation is going. The charities get 20p out of every £1 and all unclaimed prizes.

But now the Government wants to cut the number of draws allowed to just one a day. It argues that lotteries should not be held frequently in places where people drink.

A five-week consultation period ended in February and the Government hopes it can introduce a new law before the end of the summer.

Inter Lotto, which became started Pronto! last November, estimates that without the restrictions the draws could eventually raise £100 million for UK charities.

It argues that the new rules give an unfair advantage to the National Lottery, which currently gives about six per cent of proceeds to charity. Charities say that the National Lottery has resulted in less money being given to them.

The Osteopathic Centre for Children is one of the charities that has already gained from Pronto! Co-founder, Stuart Korth, said: "I cannot imagine why the Government has decided to restrict Pronto! so severely when, for so many small charities, this is the largest source of funding potential."

David Scott-Ralphs, director of communications and fundraising at Mencap, which has so far received £50,000 from the game, said: "Ministers should look again at the number of draws to be allowed. One a day is not enough."



Sights on the future: Anna Cannings, 17, from Midhurst, West Sussex, is fundraising hard to achieve her ambition – her own company, Sound of the Future, which will specialise in radio promotions and audio advertising. Anna, who is blind, has already raised over £20,000 of the £31,200 needed. She has recorded tapes and sent letters to potential local sponsors who are very impressed with the quality of her work. Anna already rents an office in the town but needs another £10,000 to equip it. To sponsor Anna, contact her on, tel: (01730) 816441. MIDHURST AND PETWORTH OBSERVER

Disabled boy's schooling 'ignored'

An education authority ignored a disabled teenager's non-attendance at school for over a year, while following up his non-disabled brother and sister after only a few weeks, the children's mother claims.

In June 1996, Gail McKibben, from Belfast, refused to send her son, David, now 13, to Torbeck Special School because she wanted him to continue in mainstream education.

Mrs McKibben began educating David, who has Down's syndrome, at home but says the authorities did nothing about his education until her solicitor phoned the Belfast Education and Library Board to ask why.

She then found herself facing a court case for wilful non-attendance. Mrs McKibben's other children were kept out of school as a protest at David's treatment but inspectors quickly chased this up, she says.

Mrs McKibben told *DN*: "David has never been in a segregated school and I feel that mainstream education works for him on an emotional and social, as well as an academic, level." Mrs McKibben is now hoping the case will go before a tribunal, but this could mean that David will not get back to school before September.

Mrs McKibben is chairperson of Disability Action, which is calling for a review of special needs education in Northern Ireland.

The Belfast Education and Library Board refused to comment as the case was still going through the legal process as *DN* went to press.

United fan sent off

A disabled woman has lost her wheelchair seat at Manchester United's stadium after members of the Disabled Supporters Association saw her walking.

Association secretary Phil Downs, himself disabled, told Erica Walsh, 31, that people were "astonished".

Erica, who has a head injury, told *DN*: "I never said I was wheelchair-bound but I could not walk from the carpark or get out quickly in an evacuation." Mr Downs said 600 people were waiting for the seats, some of them severely disabled.

• A former Liverpool footballer has lost £132 a week Disability Living Allowance after taking part in a shoot-out on TV. Tommy Smith, 52, who has arthritis and has had a hip replacement, says he took painkillers to kick the ball.

Anger at care home fee rise

Care and nursing home owners are angry that inspection and registration charges are to rise .

National Care Homes Association chairman Barry Hartle said: "Some of our members will have taken a reduction in fees and yet will be expected to pay these significant increases." Care homes face a 13 per cent increase and nursing homes, 40 per cent.

But Chris Vellenoweth of the NHS Confederation said health authorities had been subsidising the work, as charges had not risen since 1990.

• Relatives of people in residential care feel excluded by staff, a report says. It calls for more involvement of relatives and residents in planning care.

**As Others See Us, £11, from the Relatives Association, tel: 0171-916 6055.*

Tax rebate

The Department of Health is to compensate trusts for VAT on continence products. The Government stopped health authorities from reclaiming the tax last year, despite protests *(DN, February)*.

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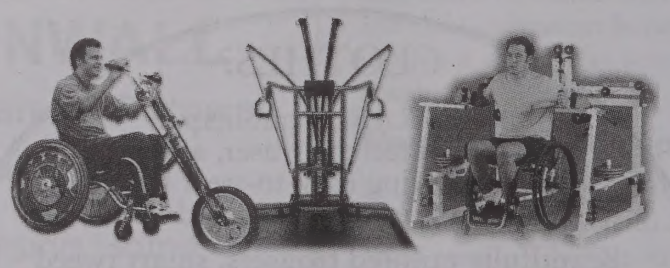
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In brief

Listen up

Scope is inviting disabled people to nominate their local commercial radio station for this year's Action on Disability Award. Anyone who thinks their station has produced a programme that involves or benefits disabled people should contact Scope's press office on 0171-619 7200.

Disabled gay helpline

The first national helpline for disabled gays and lesbians has been launched by the charity Regard. The line can provide advice and information on accessible places to meet and can put callers' names into the Regard befriending database. The helpline is available on Tuesdays from 7-9pm: 0171-738 6191.

Subtitles demand up

The demand for subtitled television programmes is set to increase by over 600 per cent in the next ten years. The rise, claims the Independent Television Facilities Centre, is due to the increase in digital terrestrial television. Under the 1996 Broadcasting Bill, all TV companies will be required to produce subtitling for five per cent of their programmes for the first year. This will rise to 50 per cent over ten years.

Telephone update

Two directories aim to help people with hearing impairment to keep up to date about new telephone equipment.

The *Telecommunications Action Group (TAG) Directory* gives information on where to try out equipment and the *TAG Better Use of Networks Conference Proceedings* booklet lists projects on telecommunications issues. *The TAG Directory costs £3 and the Better Use booklet, £5 (both including p&p), tel: (01635) 299646.*

Plea for inclusion

Disabled children are being excluded from activities other children take for granted, according to a report. *A Special Need for Inclusion,* *published by the Children's Society, says disabled children feel left out of social and community activities. The report calls for more flexible and integrated services. **tel: 0171-837 4299, price £9.85 (includes p and p).*

•The charity Kid's Club Network has produced a booklet on how to make childrens' groups more accessible to children with disabilities. *Opening up the doors!* costs £6 to non-members, tel: 0171-512 2112.

Cough remedy warning given

A substance commonly found in cough mixtures could cause disabilities in unborn children, researchers at the University of Nebraska in the USA have claimed.

The cough suppressant dextromethorphan was found to cause death and deformities in the faces and heads of newly hatched chicks.

The team is now warning pregnant women to avoid cough mixtures such as Night Nurse or Benilyn Cough and Congestion.

But the British Medical Controls Agency described the study as alarmist and said that more work was needed to determine if the finding was relevant to humans.



All aboard: Celebrities, including Nicola Pagett and Clare Rayner, promote a new campaign launched by the charity Mind and advertising agency TDI, which aims to break down social taboos surrounding mental health problems. Advertising space worth £500,000 on British buses has been reserved for a painting with the words "Mental illness should not be faced alone", alongside the Mind helpline number: 0345-660 163.

•A survey by the National Schizophrenia Fellowship has claimed that 20 per cent of people with mental health problems are unaware of new drugs that are not being prescribed because of the costs.

Treatment gap grows

The gap is widening between the time people wait for operations on the NHS and for private treatment in NHS hospitals, a report claims.

One reason may be that many NHS trusts have opened separate private wings while closing NHS beds, said the report's author Brian Williams, professor of public health medicine at Nottingham University.

His findings, published in the *Fitzhugh Directory of NHS Trusts*, covers the years 1989 to 1996. NHS patients were waiting six times as long as those having cataracts removed and joints replaced privately.

Professor Williams said: "One of the objectives of the NHS is to reduce inequalities in health. Here it seems we were doing quite the opposite. We were contributing to some people who could pay getting treatment faster.

"Visually impaired and housebound people tend to be elderly. Taking six months out of their lives waiting for an operation compared with two or three weeks is not fair." He also blamed cash shortages.

In 1996-7 the total amount made by NHS Trusts providing private care was £250 million – up 14 per cent on the previous year.

Although this still represents just 0.9 per cent of income for all trusts, it accounts for nearly seven per cent of income for specialist English trusts.

Call for lifting help for carers

Many carers face injury because they are not given enough training in lifting the people they look after, says a new report.

*Protecting Carers' Backs 1993-1997, the positive health gains** by Pippa Logan, calls for training for carers and for them to be assessed under the 1995 Carers' Recognition and Services Act.

**£5 from East Sussex Care for the Carers Council, tel: (01273) 486625.*

Advice on adult abuse

Scope is the latest charity to produce a working document on adult abuse.

Adult Protection Procedure for Responding to Suspicions or Allegations of Adult Abuse aims to improve awareness of abuse of disabled adults and examines how people working with them can take appropriate steps to deal with allegations.

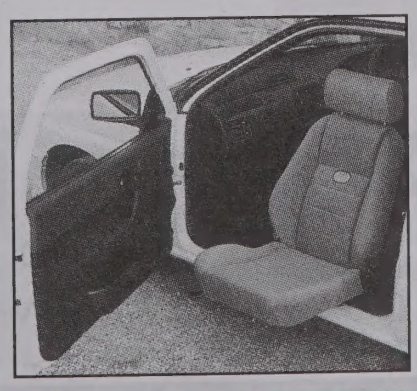
The charity follows in the footsteps of Arthritis Care, the MS Society and the Alzheimer's Disease Association – all of which have policies on adult protection for their members.

Scope has also organised training courses for those staff working with adult service users to look at issues relating to adult protection.

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Age old solution

The University of Tokyo has come up with an answer to the problem of taking care of its elderly population – robot controlled rooms.

The rooms will include beds with movement sensors to ensure that the occupant does not develop pressure sores, video cameras to check breathing and small pet robots which will fetch and carry.

Nurses and carers will not be out of a job just yet, as researchers predict the rooms will take years to develop.

Heart of the matter

More people would survive heart attacks if they received faster drug treatment, a new survey has revealed.

Research by the Department of Cardiology at Glasgow Infirmary has found that prompt treatment of thrombosis (within four to six hours) was only routinely given in a third of the 295 accident and emergency departments that replied.

In the others, the drugs, either streptokinase or TPA, are usually administered after the patient has been delivered to the coronary care unit, which could be some time after they were first admitted to hospital.

Dr Stuart Hood, who carried out the research, told *DN*: "This treatment dissolves the blood clot which will prevent the heart muscle from dying. Our replies suggest that you can actually save about ten minutes time by giving the drug in the A and E department and the majority of A and E consultants thought they should be giving it routinely.

"Hospitals should think about what is the quickest way to ensure people who have heart attacks get treatment."

Pressing measures

New research has found that a lack of nitric oxide in the blood could help to identify those most at risk of stroke.

It is known that hypertension is a major risk factor for stroke in later life. Now, work carried out by Dr Declan Lyons of Limerick Royal Hospital for Research into Ageing, has found that as blood pressure rises with age, the production of nitric oxide in the blood goes down.

This suggests hypertension is linked to a lack of production of the gas, which, it is known, causes the muscle in the blood vessel wall to relax when released from blood vessels, thus lowering the blood pressure.

Dr Lyons said: "We have demonstrated that those patients with high blood pressure who go on to develop a stroke, produce significantly less nitric oxide that those hypertensive patients who do not experience a stroke."



At risk: cyclists are exposed to traffic fumes in city centres
NATIONAL ASTHMA CAMPAIGN

Help ME

The charity, Action for ME, has launched a new support network for pregnant women with ME (Myalgic Encephalomyelitis), also known as Chronic Fatigue Syndrome.

Members of the Action for ME Pregnancy Network will receive an information pack with expert advice and contact details of other mothers with ME .

Membership of the network costs £10, tel: 01749 670799.

Pollution risk up

Air pollution may cause up to 24,000 hospital admissions and the same number of deaths, according to a new Government report.

The report, by the Committee on the Medical Effects of Air Pollutants, has prompted the National Asthma Campaign (NAC) to call for cars to be banned from city centres.

Launching *Quantification of the Effects of Air Pollution on Health in the United Kingdom* in January, chief medical officer, Sir Kenneth Calman, said: "These are not necessarily extra deaths or hospital admissions. The people most likely to be affected are those who are already vulnerable."

But Melinda Letts, chief executive of the NAC, said: "This evidence means that I would have to say yes to a ban on city centre driving."

She called on the Government to ensure that its National Air Quality Strategy, due for completion this year, would bring about real change and demanded that it supported the Road Traffic Reduction Bill, due for its second reading as *DN* went to press.

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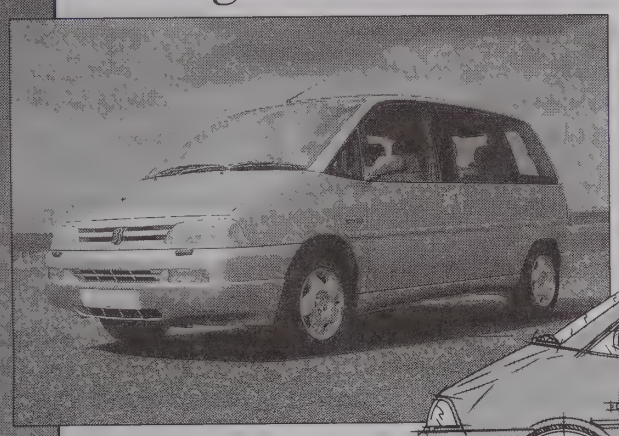
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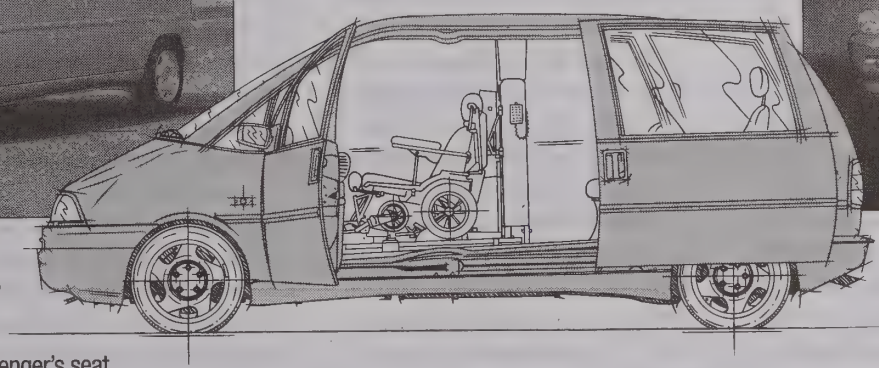
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Heavenly bodies

In the last of *DN*'s two-part series on religion and disability, Rod Hermeston explores faith and healing



Take up your chair: Jennifer Rees Larcombe believes she was healed

Despite the best efforts of radicalism and the social model of disability, the desire for healing and to heal remain with us.

And people who reject the idea that medicine is the be all and end all still turn to God for the answers.

So does healing happen?

Jennifer Rees Larcombe, 55, of Tonbridge in Kent, used a wheelchair out-of-doors for eight years. In 1990 a woman prayed for her.

"I got out of my wheelchair without any trouble and I've never sat in it since. I so hated being a mum in a wheelchair, I would not have sat there if it could have been changed."

Julie Sheldon, 39, from Kent (*below*), who had generalised dystonia and a neurological movement problem, used a wheelchair for three years, until



someone prayed for her.

"I had not been able to sit up unaided, walk, bath, dress or feed myself. From that time I was able to sit up and the following day I was able to get out of bed. Something very significant happened when that prayer was said."

Now she has taken her 12-year-old daughter, who had a brain tumour, to the specialised hospital, Burrswood in Tunbridge Wells, which treats physical illness with modern medicine and offers Christian healing and laying on of hands.

Jenny Booth, clinical services manager at Burrswood, says: "One man came here who had had conventional treatment for cancer and was told nothing more could be done. He is still alive 14 years later and believes that it is by the grace of God."

But she sees the dangers in a simplistic notion of the path to a cure. "A lot of people come here who have been damaged by prayer for healing, not being healed, and then being told they are a failure."

The case of Alexander Moore, who died of testicular cancer in 1993 aged 31, highlights the damage which can be done to vulnerable people.

His wife Patricia says at one point he went to a psychic surgeon in England and stopped taking his medicine, only to face severe pain.

"What angers me is that there is no protection. If you go to a conventional GP or hospital and something goes wrong you have some form of redress.

"These healers wasted the time that he should have been spending with the children building up positive memories."

Lin Berwick, a local methodist preacher and *DN's* telephone counsellor, practises the laying on of hands. She says: "When I lay hands on someone and pray with them I am not expecting a physical or miraculous cure. I am expecting that the person will feel a serenity and peace of spirit and be more able to cope and come to terms with their given situation."

She rejects the view that physical healing relies on faith.

"To say you will not be healed if you have not got enough faith is arrogant in the extreme. If God does not want us to be healed, maybe we do not necessarily know why."

She believes evangelists such as the American, Morris Cerullo, are harmful to the healing ministry. Cerullo, who aims to reach one billion souls by the year 2,000 and claims people are healed at his meetings, has denied saying that healing relies on faith.

Southampton GP, Peter May, a Christian and member of the Church of England General Synod, has looked into 80 cases of apparent healing, including people from Lourdes.

Of Ms Larcombe, he says: "Her claims that she had a chronic neurological disease were untrue or, at least, if they were true, it defeated all tests."

He rejects modern claims of miracle cures. "There seems to be a lot of self delusion going on and a wilful misunderstanding of events.



Healing hands at Burrswood

"One person claimed to have an ulcer, was told he did not have one after a medical examination, and a few days later went forward for healing and claimed a miracle.

"I have not seen anything which resembles the instantaneous, complete cures of incurable diseases which are recorded in the Gospels.

"I'm sure that with psychosomatic illnesses, as in some cases of asthma, skin problems or migraine, you would expect them to benefit."

He dismisses Morris Cerullo: "I can just say that the claims he makes in terms of Christ-like miracles are not true."

The jury is out among Christians in the medical profession.

Mental health worker, Nigel Copsey, a Christian and author of a report *Keeping Faith: The Provision of Community Health Services within a Multi-Faith Context*, emphasises the importance of religion to ethnic groups. While he sees the danger of telling people that faith alone will cure them, he rejects the idea that Western medicine has all the answers.

"I have known people with severe mental problems where everything medical has been tried, the person retained their faith, and there has been healing a few years down the line."

But Paul Dicken, director of Through the Roof, which campaigns to remove the social barriers of disability and make churches accessible, says: "Focusing on cures and miracles is not appropriate. Many people do not understand that disability and illness are different things."

Perhaps society needs curing as much as disabled people.

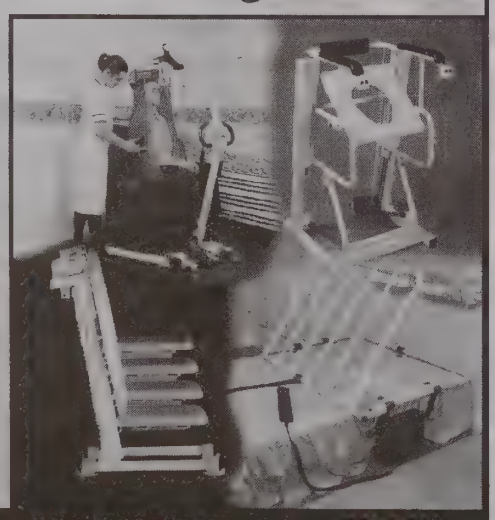
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'Behind this politician is a pushy mum'

Angela Browning, Conservative spokesperson for people with disabilities, has learned to fight 'the system'

Last September William Hague asked me to be the Conservative front bench spokesman for people with disabilities.

I already speak for the opposition on education, but I was delighted to accept. My only regret is that I was not asked to do this job when the Conservatives were in government.

There is so much I would like to do – from special educational needs to helping adults with disabilities into work, and looking at the need for long term, stable policies for those whose lives will always depend on state funding.

A national newspaper said recently that I approached my disability portfolio with "passion". I do. Because as a parent of a son with autism, now aged 26, I bring the emotion, experience and frustration of any parent who has had to fight for their child's right to the support and recognition their disability needs.

In my case, like many parents, we learnt the hard way. A young mum in my mid-20s with a child under medical supervision, I had the usual respect for medical opinion that anxious young parents show.

But as time went by it became apparent that, as the people who lived 24 hours a day with our child, we actually knew quite a lot about his condition.

I have experienced the hurtful remarks of others; the failure of professionals to disclose information to parents; the anguish of making the "right" decisions on education; the bewilderment at finding that people providing services were all doing their best, yet somehow we were up against "the system".

"Listen to parents" is a regular theme of my conference speeches to "professionals", who I hope work more in partnership with carers and people with disabilities than they did 20 years ago.

When I was elected to Parliament in 1992, I made my maiden speech during an agriculture debate, because I represent a large rural constituency, Tiverton and Honiton in Devon. But I did raise the issue of disability in the speech and said that I would work during my time as an MP to improve life for people with disabilities. It was important to me to put a marker down.

An MP can raise issues in the House and outside which otherwise might not get much attention. Also, as a member of the Council of the National Autistic Society (NAS), vice president of the Alzheimer's Disease Society and a patron of a local college for people with disabilities, I am in a strong position to raise awareness.

For example, I receive a lot of letters about autism which are referred to the writer's MP. Many more MPs are now aware of autism and I advise them if the subject arises in their constituency case work.

'When Roger Berry introduced his civil rights bill, I went through the voting lobby in support...I waited to see if I would be fired, but nobody said a word'

The real influence comes, of course, with policy making and legislation. I lobbied my own Government in the last Parliament about supported employment for people with autism and, as a result, the NAS and the Department of Education and Employment launched a pilot scheme in 1993 in the Greater London area. It is now an established service.



Angela Browning: 'I am in a strong position to raise awareness'

I lobbied for people with disabilities to have more influence over their own provision packages, such as direct payments.

I tried to persuade Eric Forth, then Education Minister, to include autism in the Code of Practice for Special Needs. While dyslexia was included, autism was not. Some local education authorities still do not recognise autism and therefore do not have to budget for it in special needs provision.

When Labour MP Roger Berry introduced his civil rights bill for disabled people in 1994, I went through the voting lobby in support. I was parliamentary private secretary to Michael Forsyth at the time and as a member of the "payroll" was supposed not to vote. I waited to see if I would be fired, but nobody said a word.

I am pressing for my party to support a full civil rights bill. Any statutory recognition must include a Commission with teeth, which can take up cases of discrimination – for example, among disabled employees already in the workplace.

One of my first tasks as disability spokesperson was to discuss a Commission with William Hague. I am pleased to say that the Conservatives will support a Commission, but it must be representative of all kinds of disability, including people with learning disabilities.

Most recently, I lobbied Alan Howarth to extend his task force to include representatives of adults with learning disabilities.

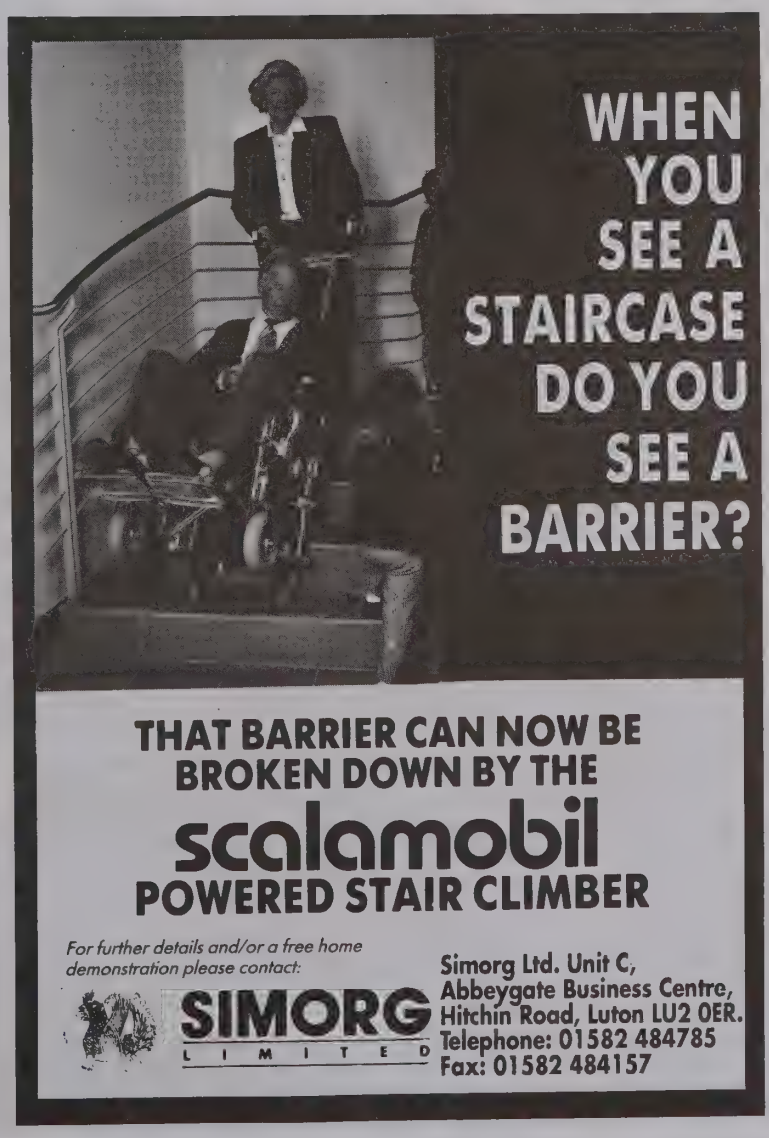
He wrote back at the end of January saying he thought the existing balance of the task force was right and he did not want to increase its numbers. But people with learning disabilities would be involved via an advisory group to be set up by Lord Rix. Not what I wanted, but better than nothing.

There is a theory in the House of Commons that if you know something about a subject you are never asked to take responsibility for it because you might be "too close" to make impartial judgements.

But there are few big moves forward in politics which do not invoke passionate feelings (often on both sides).

I am delighted to be doing this job and my contact with many organisations representing disabilities is already well established.

I hope people will understand that behind this politician is a mum – a pushy mum. I have to be to fight for my son's rights. And as an MP I shall fight for others as well.





When small can mean beautiful



The Daihatsu Cuore: accessible, economical and reliable

DN motoring correspondent David Griffiths returns with news of three small cars

Motability continues to extend its range available on contract hire. This does not necessarily mean that the choice is better – more of the same leads only to greater confusion – but the 1998 range looks encouraging.

Heading the line-up is Subaru with its much respected range of four-wheel-drive roadables.

If you live in the hills or in the country where mud, ice and loose surfaces are a problem but you do not want or cannot afford to run a beefy off-roader, the new Subaru Justy could be what you are looking for.

Fiesta-sized, it fairly zips through the mud and takes gravel inclines and snow in its stride. Unfortunately, for now at least, there is no automatic transmission option as there was with the previous model, but if you can cope with a manual then reliability, traction and over 40 miles per gallon are yours for a deposit of under £200.

The Suzuki Swift shares the same body shell as the Justy, and, like the Justy, hails from Hungary rather than Japan. There is no four-wheel drive option, but a mere £79 deposit gets you a scintillating ultra-reliable little three-speed automatic with electric windows and mirrors and a miserly appetite – 50 to 60 miles per gallon is possible with care. However, if you want power-assisted steering, you will need to increase the engine size to 1.3 and find a bigger deposit. A far better option in this case is the no-deposit Hyundai Accent Coupé.

Finally, another baby newcomer – the Daihatsu Cuore. If size bothers you and you live in the city, then the Cuore is about the liveliest little model around. It is accessible, economical and reliable.

You will get a refund on the unspent mobility component and you do not have to pay cash at the start, either. Unfortunately, in the UK at least, the Daihatsu Cuore is not available as an automatic. Many people with arthritis, and others with problems in rising from the low seating level of just about every conventional motor package, are finding multi-purpose vehicles the answer.

Few have automatic transmission, however, and many are either too expensive or too large. Until now the Renault Mégane Scenic has held sway, but Daihatsu's new Grand Move is set to take over. The access is excellent and you can get the latest dual-mode, four-speed automatic transmission with electric windows and door mirrors, tinted glass, metallic paint, "coffin rails" and a host of refinements in an affordable package, with low running costs.

Contract hire customers have to find a £1,319 deposit, but with Daihatsu's reputation for reliability and an attractive warranty package, it may be worth considering a purchase.

Contract Hire is not for everyone, and if the deposits become hard to meet then purchase may be a wiser move.

As a high-mileage driver, I doubt I could ever afford the excess charges, which start at 5p a mile rising to 20p above 20,000 miles, not to mention the adaption replacement and deposit costs.

Today's vehicles are much more reliable than grandad's Austin Seven – my vehicle is into its fifth global circuit and is as dependable as when I took delivery, over eight years ago.

Such reliability, along with attractive purchase deals and excellent specialist insurance options, means ownership can be within many people's reach.

A second-hand buy, carefully chosen, can make the money go further. Some low-income people with disabilities have a second-hand car and a caravan too, thus really making the most of life and the DLA mobility component.

Cuore Manual and Grand Move Automatic: Daihatsu, tel: (01304) 213030
Justy Manual 4-WD: Subaru, tel: 0121-522 2000
Megane Scenic: Renault, tel: (0800) 387626
Swift Automatic: Suzuki, tel: (01293) 518000
For general information on Motability, Helpline: (01279) 635666
For advice on buying second-hand automatics, contact the Mobility Information Service, tel: (01743) 761889.
For general advice on buying second-hand cars contact Parker's, tel: (0839) 331100.





The Subaru Justy (left) takes mud, snow and gravel slopes in its stride, while the Suzuki Swift can manage 50-60 miles per gallon

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The sweet hearafter

Lisa Hitchen meets Susie Maine, the first person to have revolutionary surgery for deafness through meningitis

On the telephone, Susie's husband tells me I might have to poke my head round the door as she might not hear the bell. As soon as I press the buzzer, Susie is at the door in seconds. Instant evidence, I assume, that her new cochlear implant gives her hearing powers that she didn't have before. I remain under this illusion until she tells me she was in the hall anyway and spotted me through the glass.

As well as breaking new ground with this type of implant, Susie is also the first person to publicly record her experiences in a diary. Her words have captured the imagination of the national media. But the truth is that, despite all the headlines on her welcome back to the hearing world, this implant, though pioneering in design, does not provide a miracle cure for deafness. Her consultant, Maurice Hawthorne, tells me: "It is restoration of a tiny bit of hearing which will help with things like lip reading."

Susie, 35, is a chemist who lives in Bishop Auckland with her husband and three children. She contracted meningitis when she was four which caused total deafness. This new implant, the MXM Squid, is designed for people who have lost their hearing through meningitis, one of the commonest causes of deafness.



Squids in: Susie is adamant about the benefits of cochlear implants
MICHAEL SCOTT/NORTH NEWS

"Squid" differs from conventional implants because the electrodes are placed *inside* the damaged cochlea instead of being wrapped around the outside. This maximises the area stimulating the auditory nerve.

I ask Susie what were her expectations of being able to hear again. "I didn't think about it. I was too worried about them drilling into my brain!" she says.

Susie can lipread with remarkable proficiency. So why did she decide to put herself through this ordeal?

"When I married Phil I decided I was going to live in the hearing world. I had hearing friends and worked with hearing professionals. I thought of myself as a hearing person."

In her fight for recognition in the hearing world, it seems as if she has tried to deny her deafness. Ironically, with Squid, she finds herself more aware of it than ever. "The implant is a physical thing that people can see. Deaf people come up to me and start talking in sign language and I can't sign back. Hearing people ask for directions on the street and then they see the hearing aid and say 'never mind'. I say 'I can lipread' and they act surprised." Susie pulls a face in comic frustration.

She is so expressive – I tell her she would be great at sign language. Why did she never learn? "I went to an oralist school where sign language was not encouraged but I would like to learn now. It is something inside me. It has been there all the time but it is like I have put it away in a cupboard."

Susie admits there are other reasons why she turned her back on the deaf world: "The British Deaf Association (BDA) seem to have written so many negative things about implants. It needs to understand they are just like hearing aids. All they do is make you more aware of what is going on around you. The BDA needs to grasp that you want to be able to hear the doorbell or hear water bubbling over the stones in the river – this is more important than the communication thing."

With so many restrictions on cochlear implant funding, was it difficult to get the implant? Not, it seems, in Middlesborough: "I had just given up smoking when I received the letter saying I was going to have the operation one week later. When I saw it, I said 'Phil, where are the f****** fags?'" She crinkles with laughter at the memory but her consultant can corroborate her words: "The next person who walks through the door that needs one will get one," Mr Hawthorne says.

Susie's reasons for the implant extend beyond the need to hear those sounds that hearing people take for granted. She also feels deaf people are discriminated against in the work place: "Deaf people are sometimes passed over for promotion. They are told that they are too outspoken or don't say the right words or are not professional enough. But if you are a deaf person, it is impossible to behave as a hearing person. You cannot make the right inflection in your voice because you do not get the benefit of hearing how or what hearing people say."

'To hear water bubbling over the stones – this is more important than the communication thing.'

Career-wise, Susie is planning to change direction. "I am not sure what I will do – it could be teaching or some sort of advisory role."

But for now she is content to continue to write about her new found passion – her relationship with sound. "I am hoping to get my diary published as a book starting with a quote from *The Sound of Music:* 'Let's start from the very beginning...'"

Music, it seems, is another hobby which has taken on a new significance in life since Squid. Susie learnt to play the recorder as a child and can read music. In her diary she writes: "I never knew just how much music means to everyone. Just a few bars of a familiar song can make people look up and listen." With her Christmas present, a glockenspiel from Phillip, she is catching up on what she has missed. With her talents, her motivation and her appreciation of the emotion of music, you just know she will hit the right notes.





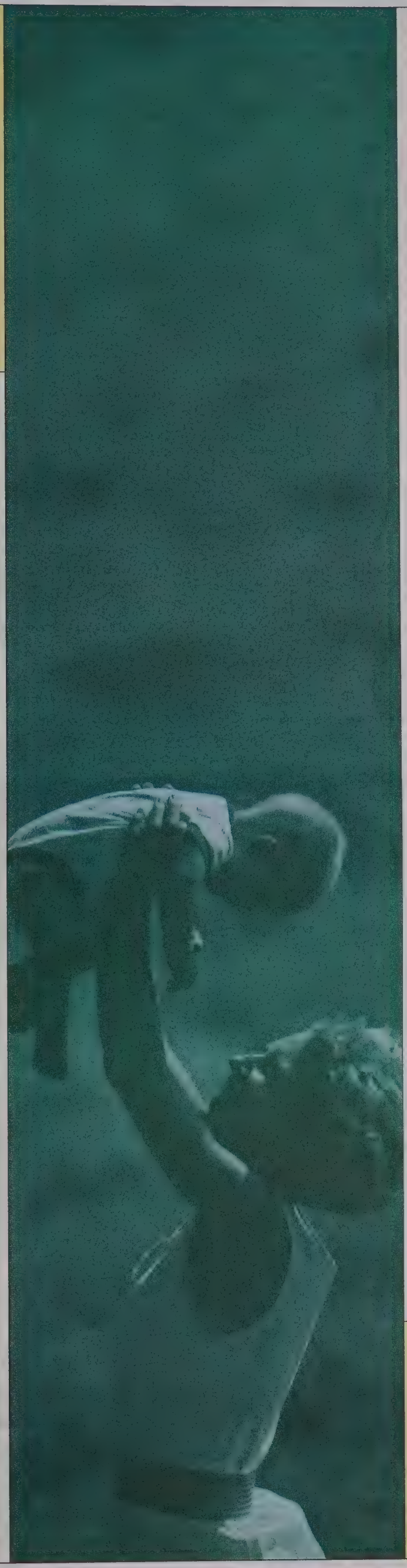
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Letters to the Editor



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Lobby your MP now

The Prime Minister, Tony Blair, said he will talk to organisations and individuals before any changes are made in the disability benefits.

I cannot see him talking to all of us, so let us write to our local MP letting him or her know how we feel.

I did, and I have a promise from my MP that he will tell me what the Secretary of State for Social Security and the Chancellor of the Exchequer have to say about the cuts – although none of these changes have been announced yet.

It is no good just sitting on one's behind and doing nothing. Act now. Don't rely on others.

Roy Austen
Sompting, West Sussex

A battle to win

"Diabetic drivers face a lifetime lorry ban" (*DN February*) is an issue with which my International Register of Firefighters with Diabetes (UK) has been increasingly involved, with assistance from the British Diabetic Association.

We are currently lobbying Parliament and have had some early success in gaining a large audience who are pursuing a reivew of this extremely discriminatory implementation of an otherwise sound European Directive.

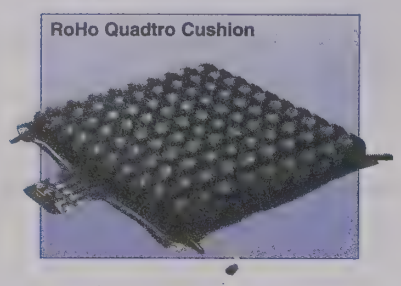
I understand Neil Betteridge's assertion that "it is unlikely the Disability Discrimination Act will be able to tackle this", but I do not agree that these cases of arbitrary discrimination should be dismissed as unwinnable.

Noel Husband of the DVLA is quoted as saying: "Anyone can appeal if their licences are taken away". The UK's implementation of EC directive No 91/439 denies this right of appeal.

Tim Hoy
Secretary IRFD (UK), London

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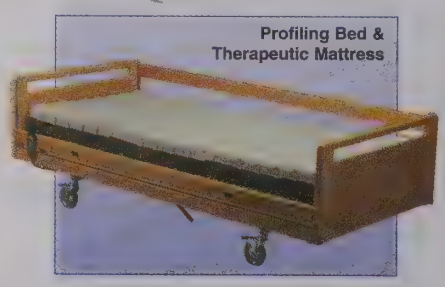
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DN's diary

By Dan Batten

Jailbreak

Mark Stewart-Jones, an author from south east London, was recently interviewed in *The Express* about living with seven year-old-daughter Sophie, who has cerebral palsy and assists with his writing. A nice story, but the headline was gut-wrenching and didn't apply to Mark's manner: "How I freed Sophie from the prison of cerebral palsy". Must remember to thank mum and dad for brandishing their magic Yale key so often over the last 25 years.

Trainstopping

Spotted in Eurotunnel's code of practice for disabled passengers: "Blind and partially sighted passengers will always be accompanied". Can we therefore assume that documents such as this "will always be written by dinosaurs at least 20 years behind the times"?

Blind spot

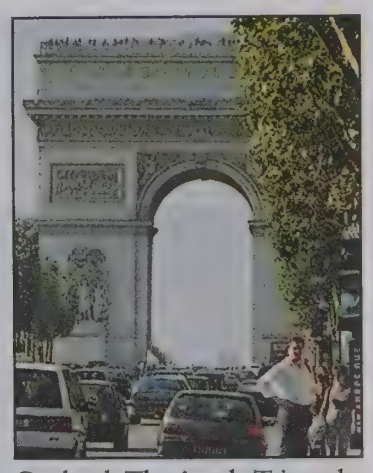
A partially sighted friend recently received some information from the National Federation of the Blind of the United Kingdom printed on white and green headed paper, with black type. Perfect for someone with a history of detatched retinas...

Singing in the rain

Paris in January was worth it, says Jenni Meredith



Break away: Sun, showers and all the delights of markets, bookshops and art galleries await Jenni



Car land: The Arc de Triomphe

I went to Paris in winter to experience the thrill of shopping for food (veggie food) in a foreign language, the distinct pleasure of threading my way beneath the city on the rattling Metro, and self-sufficiency.

Staying in a studio at the Orion in Bastille, I found all three.

We travelled over on the modernistic Eurostar, which is extremely accessible. Its staff take frequent refresher courses in disability awareness, I discovered, and there are ramps and lifts to all levels at all Eurostar stations and ramps to help you on and off trains. On board, there are adapted seats and wheelchair spaces.

My husband, Tony, borrowed a wheelchair at Waterloo as the train is a quarter of a mile long, and was helped to board by one of the service team.

Each night travellers' needs are faxed to members of the team to co-ordinate requests for wheelchair spaces or station chairs and trolleys. My only complaint was that on our way home the train was a little over warm – but I often have that complaint these days. (Perhaps it's my age?)

Arrived at the Gare Du Nord, we found the sculptural metal seats at the Eurostar waiting room were best treated as such. Sit on them and they lose their appeal.

No car for us in Paris. I don't drive and the way it looked to me most Parisian motorists don't get much opportunity either. They sweat in queues hooting impatiently. At the Arc de Triomphe they all make up for hours of stationery frustration by whizzing round and round in one of the only areas I have seen traffic police enforce parking regulations.

I used the wonderfully Art Nouveau Paris Metro. It has difficult wheelchair access unless strong friends can help with the steps, but I am told it can be done, automatic barriers and all. (*Details in RADAR's Access in Paris, £6.95*).

On ascending from the Metro I found myself in a street market, the sun reflecting brightly in puddles in the tarmac and cobbles.

Wellington-booted, aproned marketeers called out as they clattered their stands down after another day's haggling.

A few streets away we found a well-stocked corner shop and several bakers to sell most of what we needed for our three day stay: cheese, eggs, olives, pasta, jam, wine... costing about the same as my local supermarket.

Large, crusty loaves at around 70p are best from artisan bakers that abound in the narrow side streets. Buying from these shops holds the added attraction of trying out your French. As long as you try, it seems, the French remember their English well enough.

Our studio, in an apartment hotel, opened in 1996, was conveniently close to various metros. It was one of several adapted for disabled visitors, with a double bed settee which was easy to adjust if there are two of you. The well equipped kitchen (tea brewed in a saucepan – kettles are not part of French culture) was manageable, though you might want to lower the microwave oven.

The spacious bathroom had sturdy grips, a toilet high enough for easy wheelchair transfer and a mirror that can be used standing or sitting. The narrow, high-sided bath could be difficult, despite grip handles.

Level access took you from street to reception and two roomy lifts served all floors including the underground car park.

Off for more exploration. I ventured into the Palais Garner Opera to ask about tours, but was unable to get inside because of the Gaultier couture show.

Opposite, in the famous Galleries La Fayette, while a cold shower cleaned the cobbles, I drooled over Steif teddies (only £300 and counting) and superbly designed kitchens and bathrooms.

A soup and white wine lunch nearby cost Ff140 (about £15), confirming my endorsement of self-catering.

The fromageries (cheese specialists) and the cloth markets in Anvers near the Sacre Coeur were my favourites. The Louvres of Antiques displays breathtakingly expensive *objets d'art* and Gallés vases by the gallon. Side street bookshops are wonderful places to spend wet afternoons and commercial art galleries in the Latin Quarter and Marais are also free to browse.

From the bustle of street stalls and discount clothes in the Barbes Rochechouart, to the stately opulence and fascinating music and art shops of The Marais and Beaubourg; from the alternative chic of Bastille and the snobbier St Germain to the stylish and daring Pigalle and Montmartre, Paris in winter is a delight.

*The RNIB has an April in Paris holiday offer, 2-6 April, for visually impaired people and friends. £295. Contact Stowaway Travel, tel: 01992 629 496.



All smiles: Eurostar helper and ramp were at hand to ease Tony's boarding

fact file• fact file

Eurostar return ticket to Paris, from £69. Studio, £70 a night. The Orion Apartment Hotel, Bastille, (there are others in many city centres) 35-39 boulevard Richard Lenoir, F-75011, Paris, tel: (1) 53 36 22 22, fax: (1) 53 36 22 00.

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Diana Williams wanted adventure – and she found it on the other side of the world

Nepal: my walk on t



Big country: the mountains and rivers that make Nepal so special

I opened my February copy of *Wild London* and the OxVenture advert leapt out at me. John Havens was offering disabled people the chance of adventure travelling in a group of non-disabled people from all walks of life.

Only the day before I had been told my physical health was not going to improve – I have one eye, poor balance and diabetes – yet here was the chance to white-water raft and jungle trek on an elephant.

Not only that, but the doctor in the party would be holding surgeries in the remote villages which for me, as a nurse, held a special interest.

Great was my relief and joy when I was accepted.

Armed with my doctor's blessing and a new-found knowledge of head torches, water purifying tablets, etc, I duly arrived at Heathrow.

Bangladesh Airlines provided the cheapest tickets (no surprise, for they included "in-house" cockroaches, a loo blocked even before take-off and a sullen crew), but the aircraft did fly and we eventually landed at Katmandu, where we stayed at the famous Katmandu Guest House.

A 5.30am alarm next morning heralded our departure in two minibuses loaded with rucksacks, tents, rafts, cooking gear, 18 group members and our river guides. We had two days of dust, potholes, punctures, delightful villagers, magnificent scenery, blaring horns, as well as meandering holy cows.



Elephant ride: Diana Williams and "Toby Doc" get set for a ride thro

So we came to the Bheri river. Four glorious days of fast running rapids interspersed with long stretches of tranquil river provided thrills and spills (one person fell off a raft, got sucked down in the whirlpool and, after a nightmare period of suspense, surfaced further down the rapids where a mightly throw of the lifeline ensured our party was again complete.

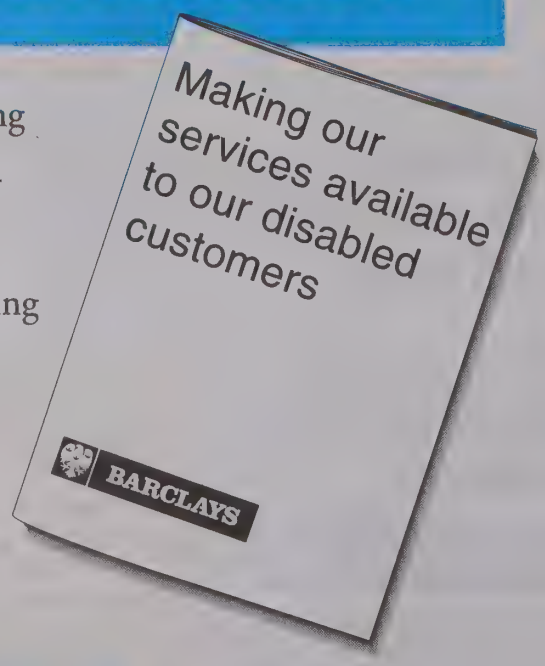
We had inter-raft water fights under the blazing sun, and sat silent and motionless in the middle of crocodile creek.

By night we camped on soft, sandy beaches and invariably

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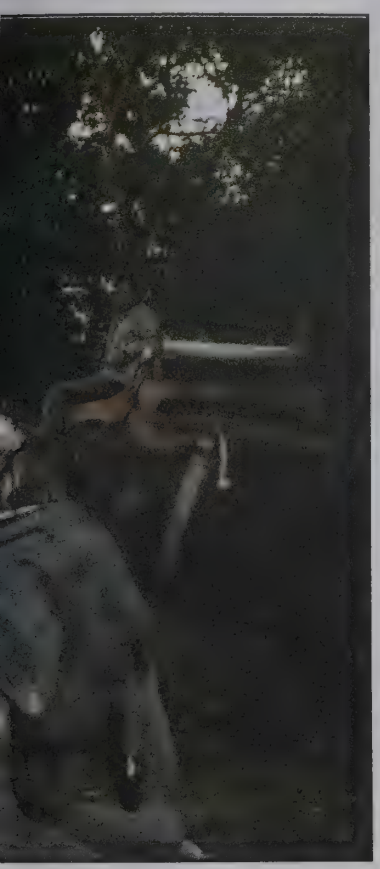


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or Fax: 01883 744994

Photograph Andy Howes

e wild side

and dhal under a brilliant
sky. Our camps were deliberate-
ied to be near the villages and
up doctor would hold her surg-
orning and evening, on the
For some of us they were, indeed,
to-be-forgotten experience.
ver section gave way to jungle days
ad my dream of elephant riding



ngle

d – the joy of emerging out of the
phant grass to find a black rhino
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s of diabetic balance.
ip ended in a London hospital as
my fingers needed lancing. The
urse apologised for the two hour
ut I told her with a wry smile that
al they wait for months to see a

fact file • fact file

The Mixed Ability Adventure (and an Everest Trek) each cost £1,635 all in. Send a large SAE to John Havens, OxVenture, 28 Beech Road, Wheatley, Oxford OX9 1UR, tel: (01865) 873598.



Thrills and spills: white-water rafting on the Bheri river

It's good news! The Hyundai Accent Coupé 1.3i 3-door now has an automatic gearbox and power-assisted steering option.

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Blowing the whistle

In *DN*'s third travel survey Dan Batten checks out British trains



Up, up and away: ScotRail's helpful ramps

Questions

1. How much notice is required for a wheelchair user to travel?
2a. Are your ticket halls fully accessible?
2b. What alternative booking methods are on offer to disabled passengers?
3. Do you offer discounts to a disabled traveller's helper?
4. Do you have wheelchair spaces in carriages?
5. Are your trains fitted with accessible toilets?
6. Do you have ramps to allow easy access to trains?
7. Is there an alarm system for disabled passengers requiring assistance?
8. Is assistance available when boarding and alighting?
9. Is the buffet service fully accessible?
10. Are services for disabled people co-ordinated with other rail companies? Can service continuity be ensured?
11. Do you have any other services for disabled people?

Great North Eastern Railways
Tel: (01904) 653022

1. 24 hours notice if possible.
2a. Not all.
2b. By ringing 0345-225 225.
3. No, 4. Yes, 5. Yes, 6. Yes,
7. Yes. 8. Yes.
9. On-board stewards.
10. Services are co-ordinated through a national system to which companies have access.
11. No.

Great Western Trains
Tel: (01793) 499400

1. Eight hours notice preferred.
2a. Loop induction at some booking offices. Ticket machine accessible to wheelchair users.
2b. The Assisted Travel helpline, tel: 0345-413 775, as well as telesales, tel: 0345-000 125.
3. Various discounts if accompanying visually impaired people or wheelchair users.
4. One in first and standard class.
5. One third, with the remainder to be fitted.
6. Currently being installed in all trains, with ramps available at all stations.
7. No, 8. Yes, if requested.
9. The steward or senior conductor will help with requests.
10. We work with other train operators, adopting the Meeting the Needs of Disabled People code of practice.
11. All stations have disabled parking and accessible toilets; some have accessible phones and buffets. Most have lifts.

Midland Main Line
Tel: 0345-221 125

1. Pre-booking recommended. Limited spaces for wheelchair users on board.
2a. All except Market Harborough. At least one induction loop available at all stations.
2b. Through our telesales office, tel: 0345-125 678 or using minicom, tel: 0345-078 051. Tickets can be posted or collected on the day of travel.
3. For a helper accompanying a disabled person's railcard holder, a visually impaired person or a wheelchair user, but not on all ticket types.
4. One in both first class and standard.
5. Trains being refurbished; an accessible toilet will be fitted on each train.
6. All stations have ramps.
7. In all disabled toilets.
8. Yes.
9. Trolley service. Staff provide food and drink from buffet car.
10. We adhere to the Meeting the Needs of Disabled Passengers document and the DDA.
11. Powered scooters up to 0.67 metres wide will be transported, but users must be able to transfer, with assistance, to normal seating or a wheelchair.

ScotRail
Tel: 0141-332 9811

1. Two days for guaranteed help.
2. A small percentage.
3. Same discount for a helper accompanying a disabled person's railcard holder. Wheelchair users, registered visually impaired people and companions get one third off singles and one half off returns.
4. A small percentage, with plans to accommodate wheelchair users on refurbished sleepers.
5. A small percentage.
6. Already fitted on Edinburgh-North Berwick route. To be fitted shortly in Strathclyde area.
7. Toilets in class 156 and 158 have alarms at floor level.
8. As question 1.
9. All catering on daytime trains is by trolley service.
10. Via computerised reservations system.
11. Lifts being installed in various stations. New local rate helpline planned.

Super service

The questions here are not exhaustive, but in our view Midland Main Line offers a good standard of service for disabled passengers.

Virgin Trains
Tel: 0121-654 7400

1. The earlier the better. 48 hours recommended.
2a. Some offices are equipped with induction loops and some staff members can sign.
2b. Via our JourneyCare service, tel: 0345-443 366 or minicom, tel: 0345-443 367. Seven days notice is required when using the service.
3. Disabled person's railcard holders take a companion at the same reduced rate.
4. In both standard and first class, subject to availability.
5. Trains on Liverpool-Glasgow and Edinburgh-Manchester Airport routes are fitted with wide access doors to the toilets.
6. Yes, 7. No.
8. Assistance can be arranged via JourneyCare (see answer 2b).
9. JourneyCare travellers offered "at seat" service.
10. Via disabled person's reservation system, and JourneyCare.
11. Our JourneyCare service, tel: 0345-443 366, helps travellers with specific needs.

Thames Trains
Tel: 0118-908 3678

1. Two days.
2. Induction loops are being introduced and access is being assessed.
3. We support the disabled person's railcard.
4. Reviewing seating for disabled passengers.
5. No, 6. Yes, 7. No.
8. If prior notice is given.
9. A trolley service on Turbo Express trains.
10. Via guidelines issued by the Office of the Rail Regulator.
11. Enquiry bureau, tel: (01865) 243399 advises disabled people.

Readers should check with the companies that their requirements can be met. Coach survey next month.



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A slicker city

Rod Hermeston asks who takes the lead in Leeds

Leeds sees itself as an up and coming city with the opening of a Harvey Nicols store in the town centre and a number of new museums. But the disability movement has a bit of catching up to do with its neighbour over the Pennines, Manchester.

Getting there

Leeds is easy to reach by road being at the crossroads of the M62 and M1 and a few miles from the A1.

Rail access is by Leeds City Station which has wheelchair access to platforms 1-5 and a subway with steps or a lift to platform 6-12. Only members of staff can operate the lifts. For assistance, tel: 0845-600 8008.

For information about national buses, tel: 0990 808080, and for local buses, tel: 0113-245 7676.

Things to do

The Thackray Medical Museum, tel: 0113-244 4343, which opened in March 1997 has wheelchair access, audio-visual exibits, induction loops and transcripts. Given prior notice, staff will arrange for exhibits to be taken out and handled.

The Royal Armouries, tel; 0113-220 1999, has good disabled access.

The City Museum and Central Library, tel; 0113-247 8275, has wheelchair access via a lift but wheelchair users have to go to the City Art Gallery, tel: 0113-247 8248, which is partially wheelchair accessible, to use the accessible toilet.

The library is also home to the city's braille and transcription service, tel: 0113-2478 262.

The Henry Moore Sculpture Gallery, tel: 0113-246 7467, is wheelchair accessible from a side entrance, and has an accessible toilet.



Scooting around: Wheelchairs and scooters can be hired at Temple Newsom, tel: 0113-264 5335 and at other parks including, Otley Shevin, tel: (01943) 465023, Lotherton Hall Estate, tel: 0113-281 3068, and Roundhay Park, tel; 0113-266 1850, under the council's Leisure Mobility Scheme.

Shopping

Leeds Shopmobility, tel: 0113-246 0125, covers much of the city centre.

The new fully accessible White Rose Centre also has a Shopmobility scheme, tel: 0113-277 3636. It also has accessible toilets.

The Bond Street Centre is on one level with level access to shops, while the Merrion Centre has some level and some sloped access.

The Schofield Centre has an accessible food court and a wheelchair accessible toilet.

Entertainment

Headingley Stadium, home of Yorkshire County Cricket club, tel: 0113-278 7394, has spaces for wheelchair users on the touchline and spaces for partially sighted people with commentary and accessible toilets.

At Leeds United Football Stadium, tel: 0113-226 6178, football matches are free for disabled people and half-price for personal assistants. It has spaces for wheelchair users and visually impaired people.

At the Odeon Cinema tel: 0113-243 0031, on the Headrow, only studio three and four have level access, with no wheelchair accessible toilet. Disabled people get discounts.

The Showcase Multiplex cinema in Birstall, tel: (01924) 420071, has reserved parking, wheelchair acccess, induction loops, and two wheelchair accessible toilets.

The Grand Theatre, tel: 0113-245 9351, has wheelchair access through the box office and then a lift and wheelchair accessible toilets.

West Yorkshire Playhouse, tel: 0113-213 7700, minicom 0113-213 7299, has reserved parking, wheelchair access and lifts, with accessible toilets, signed performances for deaf people and programmes in braille and large print.

Places to stay

Leeds Marriot Hotel, tel: 0113-236 6366, has four adapted bedrooms with accessible shower and toilets.

The Glenwood Hotel, tel: 0113-258 4480 has two ground floor rooms, which can take a wheelchair user and carer.

The Wheelgate Guest House, tel: (01977) 682231, has a twin ground floor room, which can take a wheelchair user.

Food and drink

There are a number of accessible restaurants in Leeds city centre.

Dino's, tel: 0113-234 4241, is an Italian restaurant has level access through the fire exit and an accessible toilet.

The French La Grillade, 0113-245 9707, has ramped access to a fire door, and a wheelchair accessible toilet, and West Yorkshire Playhouse has an accessible restaurant.

The Dry Dock, tel: 0113-203 1840, is a converted barge, with level access, an accessible toilet and lift to the beer garden.

The Pack Horse (off Brigate), tel: 0113-242 4810 also has level access and accessible toilet.

Getting about

Gateway Yorkshire, tel: 0113-242 5242, is a regional travel and tourist information centre, which has a booklet on accessible tourist venues and other facilities. It also provides a leaflet giving the location of orange badge parking places.

Access to public transport is limited, but there are some specialised transport facilities. Access Bus, tel: 01274 304297, operates a free and accessible bus service throughout Leeds. The Nightlink Women' Safe Transport Scheme, tel: 0113-235 1289, operates within the ring road in the evenings and is fully accessible.

Telecabs, tel: 0113-279 2222 has 22 accessible taxis while Streamline, tel: 0113-244 3322, has about 20.

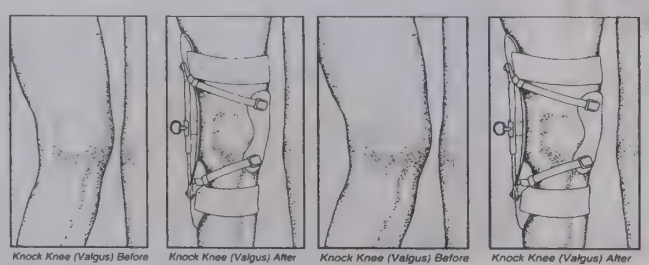
Leeds City Council Equal Opportunities Unit, tel: 0113-247 4188, has produced *The Leeds Access Guide* available on tape, braille, or large print.



The sky's the limit: Leeds Town Hall

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Resourceful new centre

The Leeds Centre for Blind and Partially Sighted People is to open in Leeds by Easter, funded by the city council and Guide Dogs for the Blind Association.

The resource centre will offer braille, large print and tape services, a magazine, rehabilitation courses and mobility training.

Barry Naylor, chair of the National Federation of the Blind Leeds and District Branch (*right*), which won the federation's award for the most active campaigning branch last year, said: "What services you get in Leeds depends on where you live. With this resource centre, all the services that you would find in a large city will be housed under the one roof."



Demanding their share

People with learning disabilities in Leeds want their own information centre.

Sharing Care, tel: 0113-247 0411, is a leisure group for people with learning disabilities. It has provided an information service, tel: 0113-245 2500, for the last 18 months but funding runs out in September.

A survey found that people with learning disabilities wanted a combination of cafe and information centre.

Uni-que

Leeds University offers a Masters Degree in Disability Studies, tel: 0113-233 4418. But it still has problems of its own.

Students are calling for a new personal assistance scheme because of crises such as personal assistants quitting.

Judith Russell, head of disability services at the university, tel: 0113-233 2616, hopes a scheme could start in September. "We want to involve the students in the recruiting, selection and training of personal assistants."

The university also houses the Royal National Institute for the Blind and University of Leeds transcription centre, tel: 0113-233 3929, which provides braille and audio material.



Starring roles: Sarah Robinson-Burke, Mick Ward and Susan Morrell

At the centre

Moves are afoot to strengthen the disability movement in Leeds.

Tracey Wilson is chair of Leeds Forum of Disabled People, tel: 0113-216 6551 – a role which had been unoccupied for two years. She admits that while the forum advises the council, there are problems.

"The Forum used to be quite active and have a paid worker. It has fallen into the bottom of the pit but now we are climbing out."

Help is coming from Armley Resource Centre, tel: 0113-231 0428, which has just introduced two community development workers to help groups run by disabled people to set up and work together.

Mick Ward, centre manager, says: "It was important that the disabled people's movement in Leeds became more active collectively and individually.

Susan Morrell, one of the centre's management committee, says: "We look over to Manchester with somewhat envious eyes. It has had a longer history of people getting together, and in Leeds the ideal thing would be a coalition."

The centre is also bidding to become a Centre for Integrated Living, she says. "It would be controlled by disabled people. At the moment the management committee has an advisory role.

"While there are some very good services in Leeds, they are not aimed specifically at getting disabled people included in mainstream society."

The centre would offer advocacy, independent living support, and peer support. "It would be a focal point for disabled people to come together. I hope it happens this year."

The council is to set up a direct payments scheme, and the management committee will be bidding for it.

Teeth for DDA

Disabled people in Leeds who have been discriminated against can get help from a local project aimed at enforcing the Disability Discrimination Act (DDA).

The DDA Project, tel: 0113-269 5344, set up by the Disability Information Service, DIAL Leeds, tel: 0113-268 2689, with National Lottery Funding of £168,000, launched in January.

Of two staff members, one spreads the word about the DDA; the other takes up cases. Funding is for three years.



David Arthurs, (*left*) chair of DIAL Leeds, says: "We might be unique. The DDA is a bit of a toothless tiger. We wanted to set up a project which would give the tiger teeth and also inform people about the DDA.

"We can offer advice, representation and, if necessary, take on a barrister."

The project will fund cases even when someone is unable to get legal aid.

Development officer, Victor Edwards (*below*), has been handling the legal side for four months.



"I have reached cash settlements in about six cases to date. In a week I will have about five people with employment problems. They may be facing pressure to be more productive. What has shocked me is that most of these employees work for big companies."

Lorraine Levine, 47, who took her case to the project after her son, Adam, was turned away from a ride at Butlin's in Skegness, has reached a settlement of a week's holiday and £100 without going to court.

"We might not have got as much if it was not for the project. But I'm still unhappy."

A Butlin's spokeswoman says he was turned away for safety reasons, but the company welcomes disabled customers.

Kids to tell

Councillor Brian Dale, chair of Leeds Disabled People's Equality Committee, has set up an advisory committee of disabled school children.

"It is to encourage young disabled people to make their views known so the council can try to find answers. "

The council also has a Deaf Equality Team, tel: 0113-247 6953, minicom: 0113-247 4330, and a Crisis Centre, tel: 0113-275 5898, minicom, 0113-274 8880, for deaf people.

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Broadening Your Horizons - even further

'Allo, 'allo, it's Gorden

In this month's Celebrity behind the Charity, actor Gorden Kaye describes his work for Action for Blind People



Cheers: Gorden Kaye has a drink and a chat with Janet Olley, a resident at Swail House in Epsom, Surrey

One in 60 of the UK population has a visual impairment – a sight defect that cannot be corrected by glasses alone. This means that almost one million people are either blind or partially sighted. I'm one of those 60. I've had only partial sight in my left eye since the age of three.

So when Action for Blind People asked me to read at their 1994 carol service, I was only too pleased to help.

I get many requests from charities and support several, but it was an easy decision to help Action for Blind People because of my own eye problem.

I know the true value of sight and give my full support to them because their work is absolutely vital.

Each year the charity helps over 20,000 blind and partially sighted people in the UK in the areas of work, housing, leisure and support, and has been doing so for the last 140 years.

Through the carol services I have met and shared mince pies with housing residents, students from the training centre and the most talented visually impaired performers – it's wonderful to see so many people seizing opportunities and getting on with their lives.

I've also been able to meet up with fellow actors such as Honor Blackman and Nerys Hughes, and film critic Barry Norman.

I really didn't know how much equipment and information was available to blind people until now, or how important it is to have access to the right information in the right format – whether it's large print, audio cassette, braille or disk.

For example, how do you choose a holiday when a brochure is available only in small print? I discovered Action for Blind People had the answer when they asked me to read their Channel Islands brochure on to tape.

To visually impaired people, voices are extremely important and if you cannot see to experience something then a voice that you recognise can often help you to picture the scene.

The charity runs holidays to Jersey and Guernsey for blind and partially sighted people and their friends, relatives and carers. I've been to the two islands and I know just how nice they both are.

The people are so friendly and welcoming and the islands have the advantage of being a foreign destination without the need for a passport or quarantine restrictions for guide dogs. Jersey, in particular, has good weather, beautiful flowers and divine food. If it were any nearer, I'd want to pop over there for lunch every day.

I spent a wonderful day there last year, receiving a cheque from Jersey Flying Flowers and opening a sensory garden.

Flying Flowers adopted Action for Blind People as their charity of the year and raised over £30,000 through selling a special bouquet. I felt very proud to receive that cheque, knowing that so many people with little or no sight could be helped.

I do what I can to support the charity because I know that a celebrity face or voice can make a difference to a campaign or cause.

I particularly enjoy events such as the carol service because they offer me the chance to give something back to people who have kindly shown so much appreciation for my work over the years.

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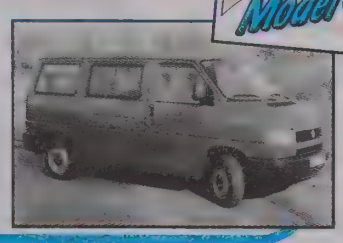
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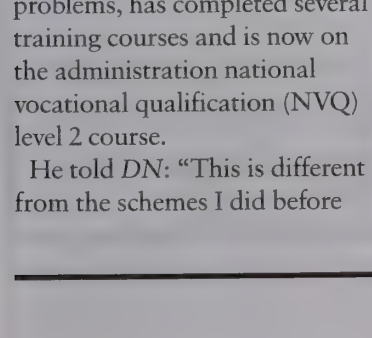
Ring the changes

(8) Want to change direction? Lisa Hitchen finds there is help at hand.

One in five disabled people actively seeking work in the UK is unemployed. This compares with one in ten non-disabled people *(Employment Policies for Disabled People in Eighteen Countries: A Review, 1997.)*

Add to this the fact that no-one is getting any younger and you have the double whammy of age and disability discrimination. No help to people who may have become disabled through an accident or have a deteriorating condition and need to change jobs. So what are the chances of finding work the second time round?

There is more help out there than you might think. Even the Government has realised that it makes good business sense to employ disabled or older workers or help them re-train. Last month they launched Employment Zones (EZ) – a new voluntary work initiative to encourage people aged 25 to 65 back into work. Five EZs are already underway and more are expected to start soon. People with disabilities will be eligible for EZs as soon as they become unemployed.



Open for learning: Tarik Alam with trainer, Sally Thorpe

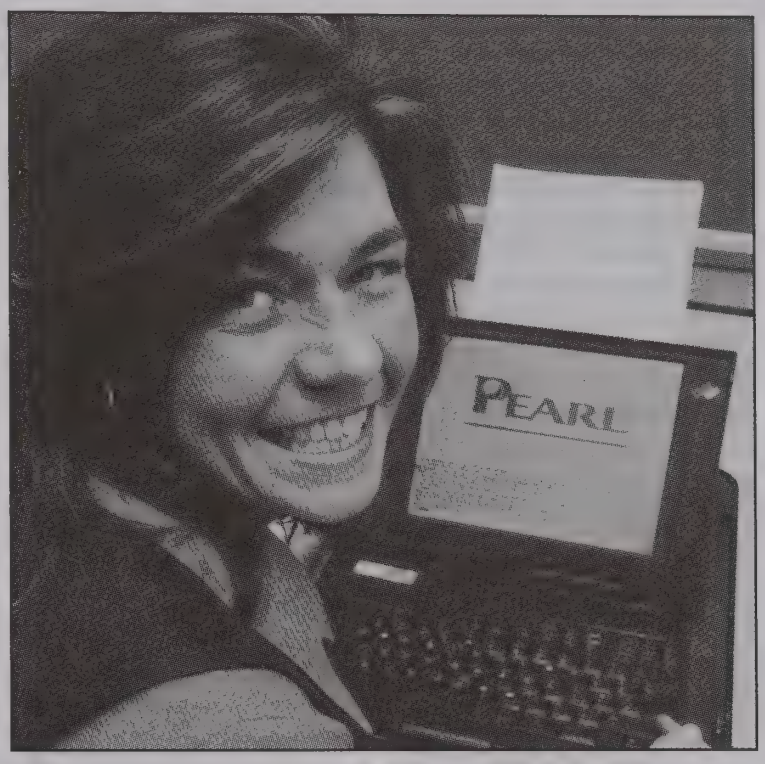
Other schemes already operate to help disabled people back into the workplace.

The London Open Door Project (LODP), tel: 0171-928 5511, was set up two years ago as part of Rehab UK.

The project offers people with physical disabilities or mental health problems living in the London area free training courses, assessment and employment services.

Tarik Alam, 33, from Balham, has been looking for work for ten years. In that time Tariq, who has mental health problems, has completed several training courses and is now on the administration national vocational qualification (NVQ) level 2 course.

He told *DN*: "This is different from the schemes I did before because this one tells you how to cope with an interview. I would recommend this to others who have never had paid employment."



Pearls of wisdom : re-training helped Dawn Folkard back into employment as a financial advisor

Derek Bailey, 57, from Brixton Hill, completed three courses with LODP. Derek used to be a train driver but had to give up work due to problems with his hearing.

He told *DN*: "I joined work preparation and then did the fresh start programme. Both helped me to develop confidence and new skills. Then I did the admin course and got a job as a clerk with the Housing Corporation and I am still here."

Dawn Folkard, 34, from Durham, benefitted from another course run by the Disabilities Employment and Enterprise Project in Jarrow, which is part of Tyneside Economic Development Company, tel: 0191 428 3450.

Dawn was working as a sales executive when an old back injury flared up. She had to leave work and have seven operations. Two-and-a-half years later, she heard about an NVQ course in information technology and applied for a level 1 course.

She said: "To get back in the workplace I knew I needed to get computing experience but I felt very apprehensive about it. As soon as I realised that computers are nothing to be scared about, my enthusiasm for life returned."

After completing a level 2 NVQ, Dawn got a job with Pearl Assurance and is training to become a financial advisor.

The Computability Centre (TCC) in Warwick offers professional advice on the use of computers to people with disabilities.



Head first: Wendy Carlow uses a head pointing system at work

It has a free telephone helpline, 0800-269 545, and can provide individual assessment sessions and training days on computer adaptations.

Wendy Carlow, 32, works in dealer support for Jaguar Cars in Coventry. She is paralysed from the neck down and uses a mouthstick on a keyboard to operate her computer, yet found she was experiencing back pain.

TCC suggested a number of alternative ways she could operate her computer. Now she uses a miniature keyboard, a head pointing system which works like a mouse and an on-screen keyboard. She said: "All the equipment came through within a month. It has made my job a lot easier."

Ways into work

The AbilityNet website is being launched next month to help disabled people find out more about computers and adaptations (www.abilitynet.co.uk).

The Learning from Experience Trust has launched a *Make Your Experience Count* pack to help disabled people identify their skills when applying for work, tel: (01245) 348 779.

The National Vocational Rehabilitation Association (NVRA) has been set up to act as a professional body for consultation on rehabilitation services across the UK, tel: 0171-369 4029.

The charity, Outset, works in partnership with employers to offer Supported Placement Schemes to disabled people. Opportunities include jobs in administration, computers, co-ordinating conferences and legal work, tel: 0181-692 7141.



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ENDOLITE

Cleaning up your act

How can you make your bathroom easier to use? Julie O'Keeffe explains

Soaking, bubbles, relaxing – these are all words that most of us associate with bathing. But bath-time is far from enjoyable for many disabled and elderly people. It can become undignified, tiring, time-consuming, painful and hazardous.

Bathing difficulties are probably the most common reason for a referral to social service occupational therapy (OT) departments and given lowest priority on the waiting list. Even so, many local authorities are taking active steps to reduce the waiting for an assessment and, with luck, it will be worth it as your OT may be able to loan small equipment and make minor alterations to your bathroom free of charge.

For larger equipment or major adaptations, OTs can recommend a Disabled Facilities Grant to cover part or all of the cost of the work.

One of the most common problems I encounter is people who cannot get out of the bath. This can result in loss of confidence and independence.

People often think that all they need is a rail at the side of the bath. In practice these do not help someone to get up from the floor of the bath. Rails are usually more useful for improving confidence and providing stability when stepping in and out.

Bath seats

Many local authorities offer clients a bath seat if rails are not appropriate. These have a base and backrest mounted on a frame, with scissor-action mechanism underneath that lowers and raises the seat.

Always check the raising/lowering mechanism, as some adverts fail to say that other mechanisms, such as winding handles, are out of reach and have to be operated by a carer.

Powered versions are operated by a rechargeable battery which removes most of the effort needed to transfer in and out of the bath. Most models do not recline.

Seats are fixed to the bath by four suction cups on their base but often fail to stick securely because the contours and curves are in the wrong place. Also, if you have long legs or a short bath, there may not be room to stretch your legs. These seats are portable.



PROBLEM: Richard Cross, 49, from London, has MS and finds it difficult to climb into the bath and cannot get out again. His bathroom is small and awkwardly shaped, with a narrow doorway. It would be unsuitable for a wheelchair.
ANSWER: Remove bath, create a wet floor shower area, provide a wall-fixed, flip-up seat, widen doorway, put in sliding door, and relocate sink and toilet so as to allow manoevring and transfer. Work will be done by the local authority. JAMIE FACER

Bath boards

Bath boards and seats are used for getting in and out of the bath. You sit on the board, swing your legs over the bath rim and lower your body on to a small seat placed in front. People with weak or painful arms may find this difficult.

It does not really enable independent bathing as you cannot get down to the bottom of the bath and into the water.

Hoists

Where possible, choose equipment that does more than one job. For example, mobile hoists that have a sling can be used for many transfers, including in and out of the bath, if part of the bath panel is cut away to give access for the hoist's base or legs.

Walk-in baths

If you are unable to lift your legs into the bath, a walk-in model may be the answer. Usually cube-shaped with a moulded seat, they are popular because you can soak your lower limbs in the water to relieve pain and loosen stiff muscles and joints.

Conventional baths are available with a side-door so that you can walk in and sit down and wheelchair-users can slide across. Other baths have a built-in seat that can be raised and lowered by water pressure or electricity.

Some seats swivel or swing out over the side of the bath. They can be used at home, but are usually slightly larger than standard baths so the size of your bathroom is important.

Showers

Generally showers are much easier for disabled people. A wet floor area can be built: the floor is dug up and sloped gently towards a drain outlet, or a full cubicle can be provided.

Or the shower can be made from a range of products that can be "mixed and matched" – shower trays, curtains, enclosure doors, shower units, seats, rails and tiles. If your needs might change, install a level or ramped shower rather than one with a step.

Check the shower has a British Standards Institute kitemark and the work conforms to international standards and building regulations.

Cubicle showers have a solid unit with base, side and top panels and, usually, waist-high doors, and a full-length curtain.

Cubicles can replace a bath or be located in a bedroom or spare room. They can be moved if, for example, a person can no longer manage stairs, and you want to convert a ground-floor room to a bedroom.

Most people need a seat in the shower. Wall-fixed, flip-up seats are popular so that other family members can use the shower. Seats must be fixed to a solid wall or joist (grab rails too). Heavier people can obtain seats with extra support legs.

Mobile shower chairs or "sanichairs" can be self-propelling or attendant-propelled. They look like a wheelchair and have a solid or horseshoe shaped seat base, which allows easier access for cleaning. Make sure the chair provides a stable and comfortable posture and free movement.

There are also products to help dry yourself and gadgets such as long-handled sponges, automatic soap dispensers and water-level indicators.

The Disabled Living Centres Council, tel: 0171-820 0567 has local centres where you can see and try equipment.
The Disabled Living Foundation gives impartial advice and information on equipment. Helpline: 0870-603 9177. Minicom: 0870-603 9176. Mon-Fri 10am-4pm.
The Centre for Accessible Environments gives building standards and design information, tel: 0171 357 8182

Julie O'Keeffe, Dip. COT SROT, is a freelance occupational therapist.

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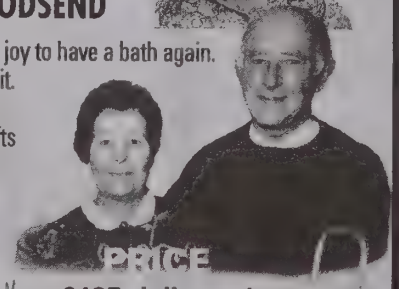
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Film

Michael Turner

In the Company of Men



If you follow the thinking behind *In The Company of Men* (selected cinemas), there is a breed of men who have missed out on the caring '90s.

The two anti-heroes of the film, Chad and Howard, are middle ranking men in suits who feel very let down by the two w's in their lives – women and work.

Such is their disenchantment with the opposite sex that they hatch a plan to find a woman, preferably one who is "especially vulnerable, maybe someone who is disfigured and has no hope of a sex life or a relationship" and for each of them to have an affair with her before ditching her simultaneously.

Their chosen victim is Christine (Stacy Edwards), a deaf woman on a training placement at their company.

The point of all this is somewhat baffling.

The film fails to establish a believable basis for Chad and Howard's prejudices and, for a film about sexual politics, women seem to be very conspicuous by their absence. There are certainly no women evident in positions of power in the company where the two men work, just Christine's colleagues who are in secretarial roles.

Any pretensions to serious comment by the film are undermined by a feeling that both the plot and the characters are contrived and unconvincing.

Christine's character is left very two-dimensional and is simply there to serve as Chad's and Howard's victim.

Her disability is there in part to increase her sense of vulnerability and as the victim of this dastardly plot.

But, more importantly, the film actually needs a disabled woman in the role of the victim in order to paper over the cracks in the plot and the weakness of the two central male characters.

The film's own logic dictates that a woman would not succumb to the scheme, so it retreats into using disability as a way around this.

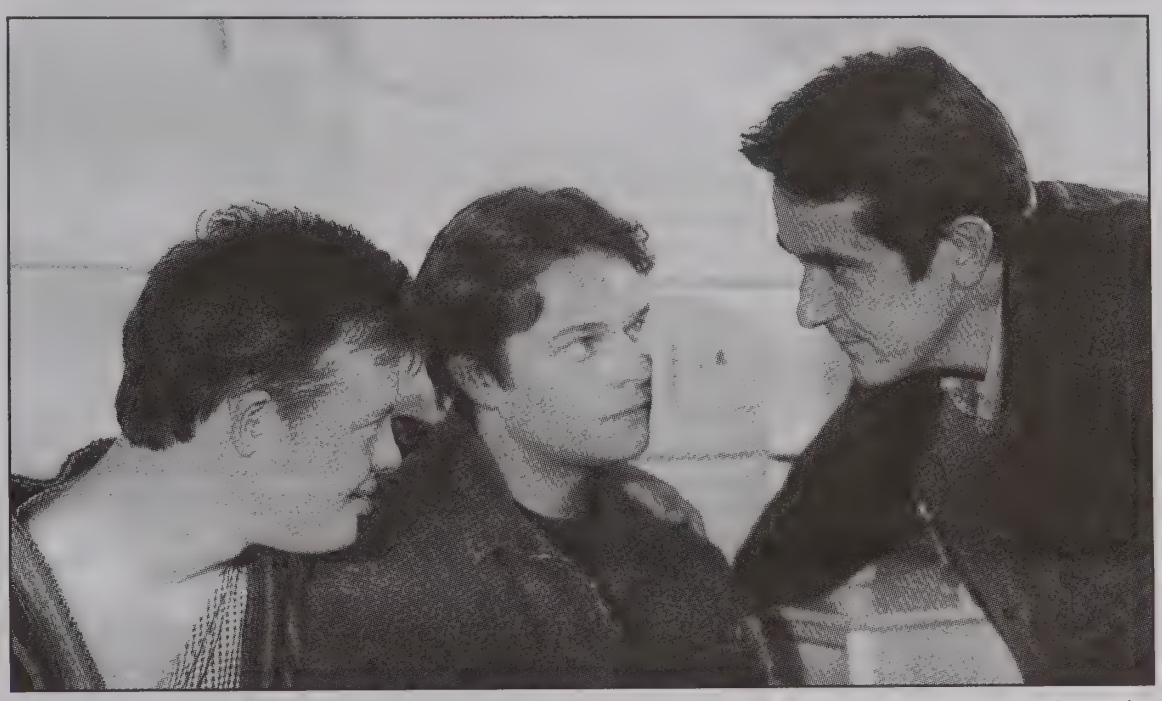
There is certainly no sense of *In The Company of Men* approving of this view of sexual politics.

There is even less sense of having anything intelligent to say on the subject.

Artefacts

The National Gallery now has 1,250 commentaries about paintings on its portable CD system. The latest 40 commentaries cover the 19th Century Tate loans, including works by Degas and Van Gogh, as well as important new acquisitions. Choose what you want to hear and collect the sound track from a desk in the main hall or at the Sainsbury Wing entrance. Free, but donations invited.

Opportunities for Disabled Artists in Education, by Michele Taylor, published by the Arts Council, comes in different formats, tel: 0171-973 6551.



Peak Practice problems: (*from left*) Jason, who has Down's Syndrome (Elliot Rosen), his brother (Alec Newman) and Dr Shearer (Adrian Lukis) tackle discrimination in the health authority.

Television

Chris Davies



It has almost become a cliché: putting disability into episodic drama is better done by the Americans than by us.

British producers usually insist on reality, which makes for a negative story; Americans tend to be more idealistic in the hope that people will learn from the example.

In the case of *Peak Practice* (Carlton, 19 Jan) and *Brooklyn South* (Sky 1, 2 Feb), the situation was reversed.

Considering that *Brooklyn South* is the latest from the creator of *LA Law* and *NYPD Blue*, sentimentality is not what you would expect. Yet here is a bitter wheelchair user being inspired and encouraged to be more positive by a non-disabled cop. It would be hard to find something running more true to stereotype.

Peak Practice is, I suspect, totally idealistic in an attempt to do what should be done. A character with Down's Syndrome has to fight to be in a queue for a heart transplant.

The local bureaucrat wants to discriminate, arguing that it will waste money to give all those resources and the operation to someone with Down's Syndrome.

In real life, probably, that argument would have won and the story would have ended with the death of the Down's Syndrome character. So, congratulations to all concerned. Still, if I am right, and the operation would have been denied, maybe a few more notes of caution should have been included in the script.

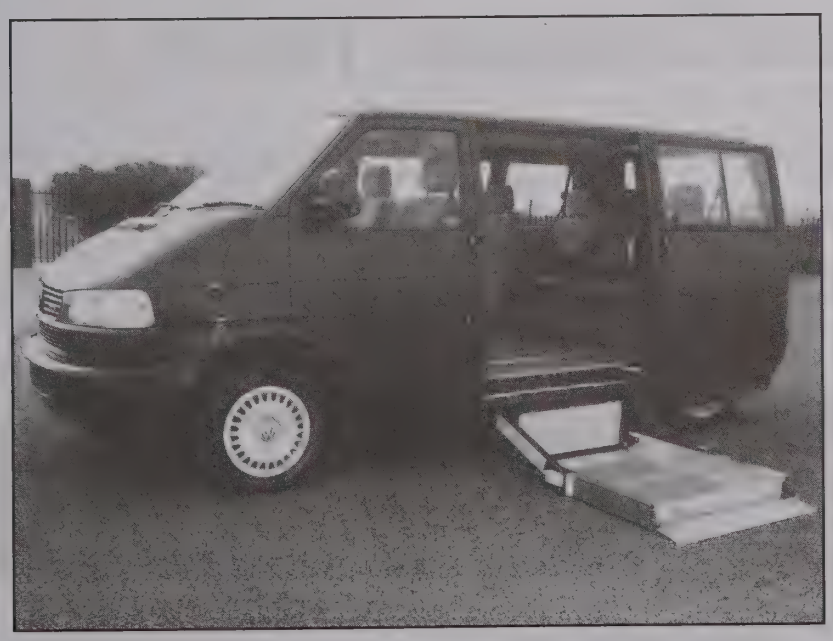
Last month's column finished with a very brief review of *Travelog*. Now, having seen all the programmes (Channel 4, 20 and 27 Jan), I can add more detail.

The last four journeys (two programmes) are definitely the best – more entertaining and revealing of what the travellers' thought about the country they visited. Heather Mills was one of the best, but the prize for the series must go to Firdaus Kanga. If there are going to be any more programmes using disabled people, give him the whole series.

However, I would just repeat that to ask disabled people to go to other countries and not look at the experience of being disabled in that country is a shame.

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Knowing ME
edited by Caeia March
The Women's Press £8.99

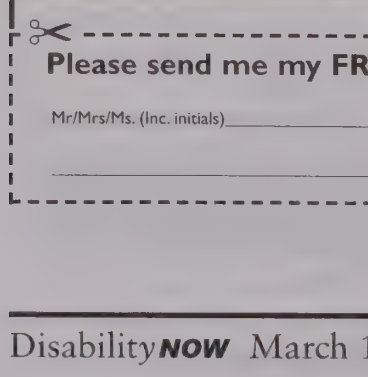
This is a collection of women' s experiences of ME, in poetry and prose, illustrated with cartoons (*see right*).

It looks at issues such as changes in working and living patterns, financial pressures and the benefits system, and the implications for personal relationships with family, friends, partners and colleagues.

A helpful list of contact groups and publications is included at the end.

Stick-Ability
by Emma Good
£5 plus 50p P&P from Emma Good, 9 Dergmoney Place, Omagh, Co. Tyrone, BT78 IHS, Ireland. Cheques payable to Emma Good.

Stick-ability is Emma Good's autobiography of life with cerebral palsy.





She writes of key events, from learning to walk and early problems during school days, to adventures in Paris, and extended trips to Louisiana and Ghana, which enhanced her deep religious faith. Growing up in a politically divided Ireland, with the problems that brought, spill into the book.

Emma's style is warm and engaging. Through all her trials she remains positive, and as a result the book is easy to read.

Visibly Different - coping with disfigurement
Butterworth-Heinemann £19.99

This book covers visible differences from various standpoints: personal experience, research and assessment and how to cope.

Personal experiences illustrate the problems of living with a disfigurement – not just on a physical level, but also the loss of identity. Kwasi Afari-Mintu, for example, felt the disintegration of a part of his "Africanness" after being burnt in the King's Cross underground fire of 1987.

With contributions from academics and notable figures like James Partridge, founder-director of the charity Changing Faces, the book gives valuable information about how life changes if you have a noticeable, physical difference. It is refreshing in its refusal to always show experiences which have a "happy" ending.

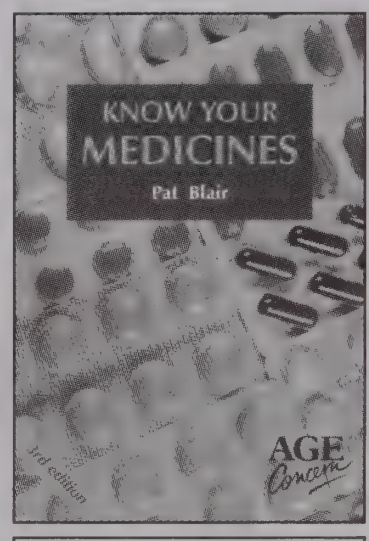
So much information written by "professionals" may put some readers off. That would be a pity, as the more penetrable passages offer excellent insights.

Know Your Medicines
by Pat Blair
From Age Concern England, 1268 London Road, London SW16 4ER, £7.99.

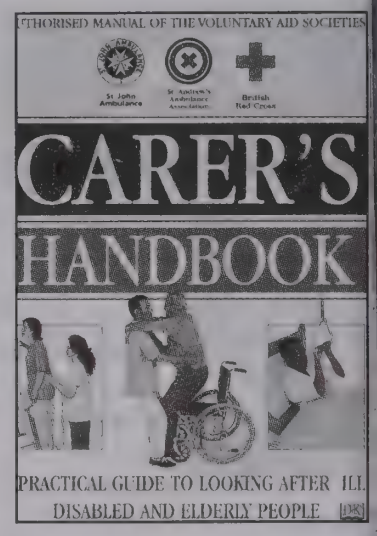
The third edition of *Know Your Medicines* answers questions clearly, never overwhelming the reader, but covering the subject thoroughly.

It includes how prescribed medicines work, how the body works, common ailments, strength and dosage, side effects, safe storage and disposal, getting advice and asking questions.

Although the target audience is older people, the book is so clear and informative that it will be appreciated by any adult as a superb guide.



Reviews by Dan Batten



Carer's Handbook
A practical guide to looking after ill, disabled and elderly people
Dorling Kindersley, £9.99

This fully illustrated guide, authorised by St John Ambulance, St Andrew's Ambulance Association and the British Red Cross, has a foreward by Princess Anne.

It certainly covers a lot of ground: how to become a carer, benefits, managing money, home adaptations, special dietary needs, respite care, legislation, what to do in an emergency, and much more.

Whilst being informative, the text becomes rather stiff in places and makes the information less accessible. Reading can become a bit of a chore.

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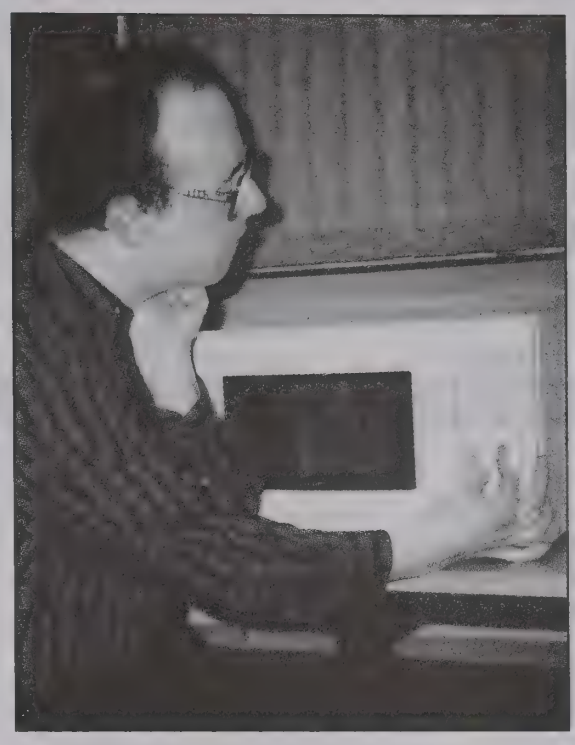
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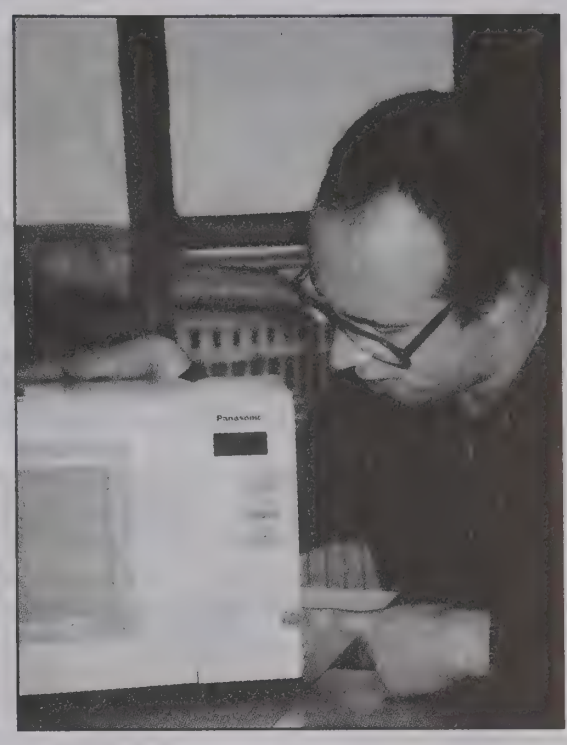
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BRITISH MADE

Brain wave

People who can benefit most from microwave cooking are the most critical about the ovens, says Lindsey Etchell of Rica





Making waves: The Sharp Compact *(left)* has good manual controls while the Panasonic Genius has easy-to-use electronic controls but poor labelling LISA HITCHEN

Microwave ovens are particularly useful for people with disabilities. Microwaves can be placed in any room and at the height that suits you best. There are no naked flames or hot rings to touch accidentally and the most sophisticated have programmed buttons for one-touch cooking.

Rica put 14 microwave ovens through their paces. We recruited 16 microwave users aged between 29 and 74 as testers. Eight were partially sighted and eight had arthritis.

The partially sighted users wanted large labelling in strong colours. They wanted different shapes and sizes, and raised parts so that they could find a setting by touch. The users with arthritis wanted controls and door catches that required gentle, light action. They did not like small or slippery dials or buttons that bent painful joints or put strain upon them.

Choices

If you want a microwave in order to heat frozen meals and cook jacket potatoes quickly, the basic models, starting at £80, will probably suit you.

For £120 upwards you can get a microwave with a grill to brown the food cooked by microwave or to grill in the normal way. Both are available with either manual dials or electronic buttons with the settings shown on a panel.

If you find the electronic display difficult to read, then manual dials will probably suit you better. Choose a model with clear, strongly coloured markings, or consider adding your own tactile markers. If you have limited or painful grip, you will find touch buttons easier than dials. However, our testers found the buttons varied slightly in the amount of pressure required.

The most versatile microwave oven offers three cooking methods – microwave heating, grilling and conventional cooking by convection. Some models will microwave at the same time as grilling or cooking. In most cases, the instructions were clear and easy to follow but none had large enough print for the partially sighted people. The labelling on the ovens was not judged much better. Similarly, some of digits or symbols on the electronic displays were too small or poorly contrasted or lit against their background. The touch pads generally needed little pressure. The dials needed more effort, though those on the Sharp Compact were rated highly.

Improvements

Some of our partially sighted users felt safer using a microwave than a conventional cooker. They were, therefore, in the market for combination microwave ovens and those with automatic programmes.

The electronic controls on these ovens caused them most difficulty, however. They found those with flat, pale panels impossible to use without help.

★ Best buys ★

Of the microwave only models, the Sharp Compact has good manual controls and mostly well-contrasted labelling. The LG has a good door button and labelling but the dials require some strength. The Panasonic Genius and the De'Longhi Perfecto have easy-to-use electronic controls but small labelling.

Of the microwaves plus grill, the Panasonic Micro and Browner has touch pads that need only light pressure and a good electronic display but small labelling.

Of the microwaves plus grill and convection, the Sharp Logicook is easy for people with poor grip, while the AEG Micromat Combi has reasonable labelling and electronic display, but both are to be discontinued. The Panasonic Dimension's controls are easy to use but its labelling is poor.

On test

Microwave only: De'Longhi Perfecto MW535 £140; Hinari Lifestyle MX717TC £90; LG MS1905C £80; Matsui M264TC £90; *Panasonic Genius NN-5856 £170; *Sanyo Super Showerwave EM-S103 £100; *Sharp Compact R-210A(w)M £95.
Microwave plus grill: Hinari Lifestyle MX812TCG £119; LG Grill MB-393MC £150; *Panasonic Micro and Browner NN-K354 £170; *Sanyo Super Showerwave EM-G403 £150.
Microwave plus grill and convection: AEG Micromat Combi 32 TC £320; *Panasonic Dimension 4 NN-B756 £270; Sharp Logicook R-7N78(w)M £280.
The starred models are recommended by Which?

• *For a copy of Rica's free factsheet, Choosing a microwave oven that's easy to use, send an A4 SAE to Rica, 24 Highbury Crescent, London N5 1RX.*

This series of reports in DN has been made possible by Glaxo Wellcome plc.

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David Ruebain is a solicitor specialising in Education, Community Care and Local Government Law for disabled people. He is also a specialist in disability discrimination law.

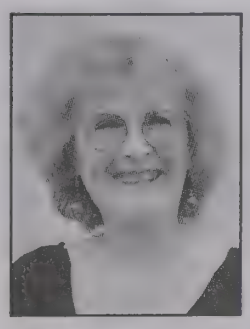
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Send your letters to: Ann Darnbrough, *Disability Now*, 6 Market Road, London N7 9PW

'Not a chronic imbecile'

I have multiple sclerosis, an incurable illness. It's not the physical symptoms which I find hardest to cope with, but the stress of dealing with people around me, and their attitudes.

Some friends, often the unexpected ones, are marvellous. They offer practical help. They do not judge or advise but they listen and sympathise.

At the other extreme are those who desert you, who can't cope, who think it may affect them or, worse still, worry whether it is catching.

With hindsight, I realise my husband belongs to the latter brigade. Until I became ill I had always assumed he was too busy to be of any practical help. Now I realise he cannot accept that I did nothing to cause this illness and can do nothing to make it disappear.

He feels the need to find something or someone to blame when I have a problem, usually me. If I hadn't eaten that cream last night or drunk that extra glass of wine. If I wore sensible lace up flat shoes, concentrated on where I was going, etc.

Have you any idea what it is like to be treated as some type of inferior being? It is my legs which have the problem, not my brain.

What I want is to be treated as an intelligent human being who has the odd problem (sometimes I drop things and trip up). I am not a chronic imbecile who is just a nuisance and should be put down. Maybe that is an exaggeration but I sometimes think my family would prefer me to disappear and not trouble them any more.

I find that being different tends to open my eyes to other things: birds singing, wild flowers in the hedgerow. I am sorry about the wars, homeless people, starving children and underdogs. We have so much; even my illness pales into insignificance compared with their problems.

Reading this probably makes my life sound all doom and gloom but a great deal of the time we are fine. Only if I start to feel a little worse than usual or have a particularly bad day does the problem arise; then the family cannot pretend that nothing is wrong.

I have given up most of my hobbies which sapped my energy and took place in the evening. This enabled me to keep the home running, but I do wonder where my rights and interests fit into this equation. Am I only useful as a housekeeper? Have I ceased to be a person?

Surely real love accepts people as they are, as I am trying to do with my family. I wish they would treat me the same way.

Jessica, Skipton

I think your words will strike chords with many readers.

I have discovered it is almost a phobia in itself, this denial of illness or disability that so many people have, and the easiest thing to do is to blame the person themselves.

My own father hated admitting I was disabled (tuberculosis spine) and especially disliked the doctors and hospitals this involved. However, as I never lived with him, it wasn't too much of a problem.

This 'phobia' seems to be particularly virulent in people who are impractical – they don't know how to cope and may feel guilty.

I wonder if it would be possible to afford help in the house? This would allow you to relax more on the bad days and might allow you to go back to your hobbies and interests.

It would mean having a deep heart-to-heart discussion with your husband. Is there a relative or friend who you both respect who could help you with this?

Do let me know how you get on.

Help with household jobs

Referring to your letter from Kirsty in Edinburgh who needed help with decorating her home, readers might like to know that many universities and colleges have student community action groups that carry out student volunteering projects in the local community.

Some groups will already have decorating projects, along with gardening, babysitting, etc, and those who don't will always consider setting up new projects.

Contacting these groups helps not only the individual but also local students, who are keen to contribute to the local community (contrary to press reports) and expand their experience and abilities.

Mel
University of Bath student union

I love having this sort of information and I know our readers will be following up your suggestion. Thank you for writing.

Child abuse survivor

I am a disabled survivor of serious child abuse now involved in legal action for justice.

Do you know of a good place that, as a man, I can go to to address the problems I now have to live with for the rest of my life? Do you know of a group that I could attend for survivors of child abuse with disabilities? I would be very grateful for your help.

Frank, London

Thank you for your letter and I am so sorry about your problems as a survivor of serious child abuse. I do hope your legal case is progressing well. Dealing with the law in itself can be stressful

You may well find help and support from someone who understands your problems and who you can ring at any time.

CAAS (Childhood Abuse Advisory Service, Essex and North London) provide advice, information and listening support for adult (16 plus) survivors of childhood sexual abuse. They may know of a group that you could attend for disabled survivors of child abuse.

How do other readers cope with living with child abuse now they are adults? Your experience would be valuable to share.

CAAS, tel: (01255) 435 800 (Essex) or (01376) 519 800 (North London). Open Mon-Fri 9am-6pm.

CAAS is one of over 1,000 national, regional and local helplines in the UK covering subjects like health, disability, rape and sexual abuse, money and debt. They are listed in the Telephone Helpline Directory 1998, £12, from Resource Information Service, The Basement , 38 Great Pulteney Street, London W1R 3DE. Tel: 0171-494 2408. Or try your local libary.

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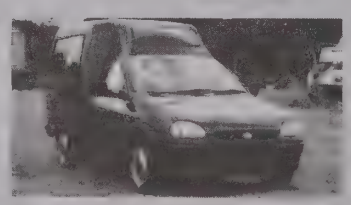
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Your stars



By *DN's* astrologer Marion Stanton

PISCES *(20 Feb-20 March)*
If you have used your high energy well you should begin to settle into a period of achievement and enjoyment as generous Jupiter enters your sign. Projects that have been well thought out could be developed successfully now and, if you need any luck, this is a favourable time to get it.

★

ARIES *(21 Mar-20 Apr)*
It's all activity for Arians in March. Try not to over-do it. You already have a tendency to rush headlong at things. You may feel unbeatable this month, but try to make sure that you are careering towards opportunities rather than disaster.

★

TAURUS *(21 Apr-21 May)*
A loved one could be putting the pressure on but you need some well earned rest. Try putting off making decisions or starting new projects this month. If your partner is still insisting on action from you, try negotiating for them to put something in as well – but avoid turning a discussion into a row.

★

GEMINI *(22 May-22 June)*
This is a tense month for you. Everyone seems to be thinking with their hearts, not their heads, while you want to take a rational approach. Maybe you need to get in touch with your feelings – let the surrounding emotions influence you.

★

CANCER *(23 June-23 July)*
Everyone seems to want something from you at the moment and, in your good natured way, you will probably try to oblige them. Do not spread yourself too thinly, or you will end up helping no-one. Prioritise and give what you can, not what you think you ought to.

★

LEO *(24 July-23 Aug)*
You could be surprised by opposition to a plan from a loved one. While you need to listen to what they have to say, do not give up on your dreams. If you are really committed to an idea, stick with it. Opposition will fade in time.

★

VIRGO *(24 Aug- 23 Sept)*
You could find yourself on the wrong side of someone in authority this month. Try not to oppose them too much as they are likely to have the upper hand. Back off, even if you think you are in the right, and bide your time until the wind turns more in your favour.

★

LIBRA *(24 Sept-23 Oct)*
A crazy idea you cook up with a loved one could just pay off. If you feel like doing something completely different together, go for it. You will enjoy the change even if the effects are not lasting, and it will make the day to day humdrum less irritating.

SCORPIO *(24 Oct-22 Nov)*
You can expect the support from a benefactor that you have been waiting for. Your ideas will be listened to at last, so make sure you have some ready. Not such good news on the home front though. Your partner could be feeling a bit left out by your involvement with work, so try to get the balance right.

★

SAGITTARIUS *(23 Nov-21 Dec)*
You should be out of hot water by around the second week of March. You will be able to get your point across at work as long as you don't get too forceful. Don't take any gambles at the moment though, as they are not likely to pay off.

★

CAPRICORN *(22 Dec-20 Jan)*
You are feeling creative but you need to ensure that you concentrate your efforts in the right direction. You are capable of being quite grounded, so keep on track and you should be able to produce some good results.

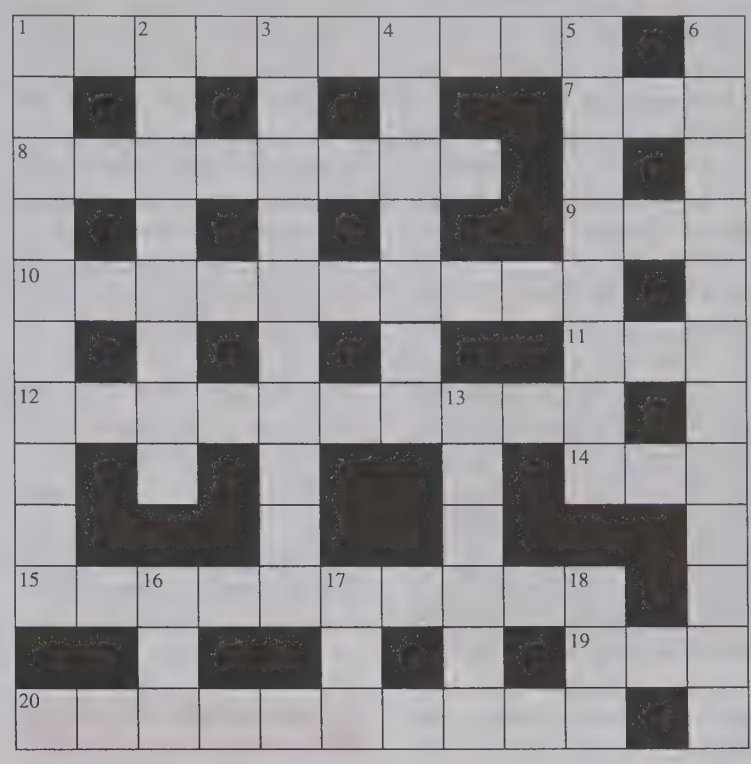
★

AQUARIUS *(21 Jan-19 Feb)*
Relationships are high on the agenda as Venus makes its way through your sign. If you have been waiting to make a move with someone new, this is it. For those in long-term relationships, the path of true love should be running more smoothly.

DN's crossword

Answers on page 34

COMPILED BY REBECCA REYNOLDS



ACROSS
1. Rented name (anag)
7. Pub (3)
8. Frolicking or springing about (8)
9. Insect – maybe in your bonnet (3)
10. Appreciation of clothes (5,5)
11. Alcoholic drink (3)
12. Bound to happen (10)
14. Worthless object (3)
15. Encase vent (anag)
19. Object used for rowing (3)
20. Enter remit (anag)

DOWN
1. Leader lips (anag)
2. Type of disability (8)
3. Open to wheelchairs, perhaps (10)
4. South African politician (7)
5. Made of, or covered with wood (8)
6. Dietary miner (anag)
13. Light wind (6)
16. Insect – maybe in your pants (3)
17. Observe or understand (3)
18. Small amount – of 11 across perhaps (3)

Take art

How do you fancy producing a piece of artwork for publication – winning a £1,000 commission in the process?

If this sounds good to you – read on.

The National Federation of Music Societies is launching a national competition to commission a piece of artwork.

The NFMS (*logo right*), founded in 1935, is the umbrella body for amateur music societies, such as choirs, orchestras and concert promoters.

Having successfully gained financial assistance from the National Lottery it plans to computerise existing, and new, services for its many members. This will then be published as a catalogue and on the Internet.

NATIONAL · FEDERATION OF · MUSIC · SOCIETIES
NFMS

The NFMS want to commission an artwork for the front cover of this catalogue which will also be used as a logo on their website.

To find out more about this great opportunity, and what kind of artwork is required, send an A4 sae to Stuart McPherson, The National Federation of Music Societies, Francis House, Francis Street, London SW1P 1DE.

The closing date for initial enquiries is 31 March 1998.



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Information

The RNIB Housing Service has launched a housing and disability website with updates on the National Disability and Housing group which includes Age Concern, RADAR, Scope and Shelter. The address is: http://www.rnib.org.uk/wedo/services/housing/welcome.htm.

The National Library for the Blind has produced *It's Good to Read*, a free, 15 minute tape listing services available and how to join. Contact National Library for the Blind, Far Cromwell Road, Bredbury, Stockport SK6 2SG, tel: 0161-355 2000.

Camden Jobclub for the Deaf runs 16-week programmes to help you back into work, with free cv guidance, postage, and computer access. Camden Jobclub for the Deaf, 1st Floor Office, 108-110 Camden High Street, London NW1 0LU.

Associated Incentive Travel (ATOL 3517) organises *Wings on Wheels*, adventurous holidays for disabled people. 1998 holidays include Cyprus and Thailand. Group bookings can be arranged. Peter Gooch, Associated Incentive Travel, c/o 10 Bridge Road, Rudgwick, Horsham, West Sussex RH12 3HD, tel: (01403) 823696.

The Orange Tree Theatre, Richmond, is holding an audio described performance of Macbeth, 10 March, 7.45pm. Information from Karen Adams, Marketing Manager, Orange Tree Theatre, 1 Clarence Street, Richmond, Surrey TW9 2SA, tel: 0181-940 0141.

Manchester Advice, the Council's public advisory service, has gone on-line. Information includes welfare rights, housing and consumer advice. The address is http://www.manchester.gov.uk/advice.

The National Extension College (NEC) has published an open learning pack, *Care Resource Bank: Skills Development for Care Workers*, for trainers to use in care training programme. Contact National Extension College, 18 Brooklands Avenue, Cambridge CB2 2HN, tel: (01223) 316644.

Help

If you are a lady wearing a pattened, high cork or clubfoot boot, or using crutches or are a lower limb amputee, please help me. I'm researching a qualitative assessment of orthopaedic appliances with special emphasis on cosmetic considerations. Ray Barrett, 26 Red Cow Village, Exeter EX4 4AZ.

Crossword answers

CROSSWORD ANSWERS
ACROSS: 1. Endearment 7. Inn 8. Prancing 9. Bee 10. Dress sense 11. Rum 12. Inevitable 14. Dud 15. Evanescent 19. Oar 20. Retirement
DOWN: 1. Espadrille 2. Diabetes 3. Accessible 4. Mandela 5. Timbered 6. Intermediary 13. Breeze 16. Ant 17. See 18. Tot

Video list

1. **LOST WORLD** (CIC): Dinosaur drama from Spielberg.
2. **ONE FINE DAY** (Fox/Pathé): George and Michelle get smoochy.
3. **THE 5TH ELEMENT** (Fox/Pathé): Time travel tricks with Bruce Willis.
4. **THE DEVIL'S OWN** (Columbia Tristar): Brad Pitt stars in terrorist travesty.
5. **MURDER AT 1600** (Warner): Presedential pandemonium with Wesley Snipes.

Chart supplied by MIRB.
Closed captions- video with word-for-word captions.

What's on

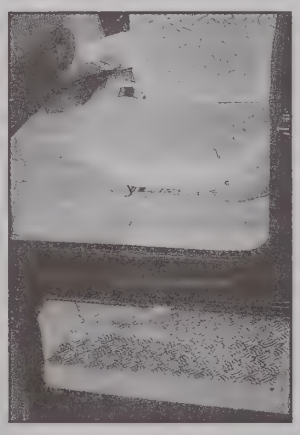
The Department of Health and King's College London are holding an international conference, *Making Europe Safer – Accident and Falls Strategy, Research and Practice in an Aging Population*, 16-18 March, at Kings College School of Medicine. Bringing together health and social services, local government, voluntary and private sectors. Contact WSA, 39 West Square, London SE11 4SP, fax: +44 (0)171 820 0941 for application form. Final receipt of applications 1 March.

The National Deaf Children's Society is holding six information days as part of its *Deaf Children in Mind – Personal and Social Initiative*. They will demonstrate the significance of PATHS (Providing Alternative Thinking Strategies) for developing self-control, emotional awareness and interpersonal skills in children, both deaf and hearing. Further details from Helen Reed, Deaf Children in Mind, Project Co-ordinator, tel: 0171-490 8656 (voice/minicom), fax: 0171-250 0123.

The Elfrida Society is holding a series of lectures for professionals working with people with learning difficulties. Topics yet to be covered include *Protection in Relationships* and *Attachment and Loss in the Lives of those with Learning Difficulties*. Further information from The Elfrida Lectures, The Elfrida Society, 34 Islington Park Street, London N1 1PX, tel: 0171-359 7443.

Rehab UK is hosting *Rehabilitation International*, at Church House, Westminster, London, 3-5 March. Under the title *The Way In – Access into Historic and Socially Important Buildings*, it will discuss international disability legislation, codes and examples of good practice, and is aimed at, amongst others, building owners, facilities managers and disabled consumers. Contact Mrs Margaret Ellis, West Square Associates, 39 West Square, London SE11 4SP, fax: +44 (0)171-820 0941.

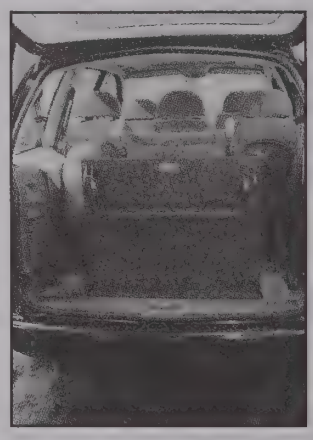
If you have not started a painting yet, to enter the Mouth and Foot Painting Artists (MFPA) and *DN* competition, there's still time. For details on how to enter, see page 29 of the February issue. Closing date is 20 March.



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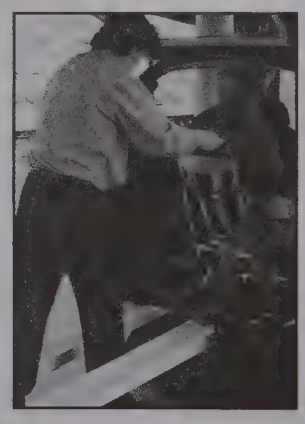
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For sale

FORD ESCORT ORION. 1.6 CL, auto, D reg. Hand and foot controls, 47,000 miles, 11 months MOT, £2,000 ono. Also carchair to fit passenger seat, to sell with car or separately. Car + carchair £2,300. Car would suit disabled driver or disabled passenger/couple. Tel: 0171-277 5059.

NISSAN PRAIRIE E REG. Fitted with Milford electric person lift with sling. Takes 17.5 stone. Only used 6 months, still under guarantee. Can sell separately. Tel: (01202) 579195 (Bournemouth).

LARK CLASSIC POWERED wheelchair. Light, portable, 12 miles range. 2 years old, not used, £1,700. Tel: (01530) 815001.

NISSAN PRAIRIE C REG. 1986, 800 miles on new engine. Converted by Carchair. Front seat electric wheelchair included, £4,995 ono. Tel: (01462) 815812 (Bedfordshire).

SHOPRIDER 4-WHEEL de luxe, including canopy, vgc, £1,200 ono. Tel: (01803) 664324.

RENAULT 19 1.4 GLS, H reg, with electric carchair passenger system. A snip at £4,250. Tel: (01932) 229636 (Surrey).

ESCORT 1.4 L, H REG with carchair. Comprehensively adapted for driver with weak arms and unable to transfer. £7,950, cost £20,000. Tel: (01932) 229636 (Surrey).

WRK SUPA STYLE child's tricycle. 1.5 to 1 gear ratio, blue, full side/back seat support with padding and straps, pedals with leg supports. Dismantles fully for easy transport. In excellent, as new condition, hardly used, suitable for child with Duchenne md or cp ect. New cost £550, sell for £350. Tel: (01405) 763803 (Yorks).

CONSTABLES CARCHAIR SYSTEM – wheelchair and hydraulic system for passenger, £200 ono. Tel: 0181-954 7580 (Stanmore).

FORD GALAXY P REG. 1.9 turbo diesel. Brotherwood conversion for wheelchair passenger. 20,000 miles, silver, alarm/immobiliser, Sony stereo, 10 CD changer. £20,500. Tel: 0117-973 6363.

RJ MOBILITY TETRA-BOOSTER 4-wheel electric scooter charger. New, £1,400. Tel: 0181-769 8061.

LARK 4304 WHEELCHAIR. Vgc, new batteries and charger. Dismantles to fit car boot. £895. Tel: (01305) 250456 (Dorset).

POWEX MARK 2 leg exerciser. Hardly used. New cost £675, offers welcome. Tel: 0181-909 1280 (after 6.30pm).

FORD TRANSIT VAN, wheelchair adapted, G reg. Tail lift, tie down, remote control, 79,000 miles. £10,000 ono. Tel: (01823) 333802.

Classified lineage advertisements

Please use this form if you are a private individual and want to place a classified advertisement. Write clearly in block capitals. Remember to allow a space between words. Use each space in the line even if you have to split words at the end.

(Part of the first line will be in bold capitals)

Ads cost £4 per line. Send this coupon with your name and address, daytime telephone number and a cheque for the total made payable to *Disability Now* to: 6 Market Road, London N7 9PW.

Continue on a separate sheet if necessary

DN reserves the right to edit advertisements if necessary. Completion of this form does not guarantee inclusion in a particular issue. **Sorry no refunds.** *DN* is a non-profit making newspaper.

BATTERY CAR, EXCELLENT condition. Hood and charger included, £1,500. Also garage in excellent condition, £100. Tel: 0181-554 1782.

BATRICAR FOR SALE. Excellent condition and accessories included. Also car port. Bargain at £1,600 ono. Tel: 0181-554 1782.

ACORN 13-STEP straight chairlift. Cost £2,000, will sell for £1,100 ono. Tel: (01204) 667876.

INTERBILITY UNDERFLOOR RAMP T4 vw, £750. Power winch complete with all fittings, £300. Ramps 4ft 6in, £50. Folding ramps 5ft 6in, £80. Tel: (01923) 677788.

EASICARRY WHEELCHAIR CARRIER. Tow ball fitting, brand new, £100 ono. Tel: (01923) 677788.

CHAIRMAN METRO 1.3. Auto, red, H reg, 20,000 miles. £5,200. Tel: 0171-586 0553.

PEUGEOT 405 ESTATE. 1994 turbo diesel. Passenger Carmobility 180 degree deluxe travel seat – easy transfer from wheelchair. No tailgate lip. Midnight blue, power steering, air conditioning. Remote control central locking/alarm, electric front windows, remote control stereo radio cassette, roof rack. One owner, 48,000 miles. Full service record. A superb car, £7,000, offers considered. Tel: (01672) 861206.

TWO WHEELCHAIRS TO sell. One Newton Karmaqr, 24in wheel, and one Boots Stowaway cat# 2878542. £3,000 each, ono. Tel: 0171-722 4602.

FIAT FIORINO P REG. 1.4, petrol, white, 6,400 miles. Rear ramp access for wheelchair. Seats 4 people plus one wheelchair. £9,500. Tel: 0181-654 5191.

FIAT FIORINO N REG. 1996, 1.7, diesel, white. Rear ramp access, new shock absorbers, fsh. Seats four plus one wheelchair. Vgc, £7,500. Tel: (01622) 686375.

NISSAN PRIMERA 2.0 GSI. Auto, 1991, 12,000 miles. Flip accelerator, light power steering, hoist in boot. Immaculate, £4,250. Tel: (01923) 283827.

ESCORT CHAIRMAN C REG for sale. 1986, new engine, £1,000. Tel: 0181-204 3293.

EASYRISER CHAIR FOR sale. Cost £825, two years old, sell for £400. Also Elap swivel passenger car seat, cost £800, sell for £300. Tel: 0181-543 5202.

BISON BEDE STAIRLIFT. Batery operated. 15ft straight bar plus two 6ft left bends. 16 months use. Offers requested. Originally cost £5,700. Tel: 0181-789 9318.

RENAULT EXTRA 1.4. 1990, G reg, 49,000 miles, red. Poynting conversion with rear wheelchair access and good visibility. Seats 4 plus wheelchair. Well cared for with added stereo, alarm and lifetime stainless exhaust. £4,000. Tel: (01279) 653926 (evenings – Bishop's Stortford, Herts).

NISSAN PRAIRIE 2.0 SLX. J reg, electric carchair conversion, electric windows, sun roof, power steering. 20,000 miles, two-tone grey. Cost £17,000. Very good condition, accept £9,250. Sale forced by bereavement. Tel: 0181-656 4873 (Croydon).

SUPER LARK ELECTRIKE for sale. Little use, battery charger, cover. £850 ono. Tel: (01483) 826130 (Guildford).

BECELECTRIC WHEELCHAIR DUAL control, needs new batteries. Tel: 0181-504 3815.

A J WAY RISER CHAIR. Vgc, will accept £100 for quick sale. Tel: 0181-300 5765.

MOTABILITY 2000 STAIR-climbing wheelchair, £1,000 ono. Tel: (01422) 247427 (6pm-8pm).

VW CARAVELLE GL. W/c, lift, underfloor conversion. Excellent condition, fsh, MOT. 2 litre, petrol, manual, cd, '93 model. Only 15,500 miles, £11,500. Tel: (01243) 811702 (West Sussex).

CHAIRMAN COURIER, IMMACULATE condition, one owner from new. Red, metallic, December 1994, 32,000 miles. £10,000 ono. Tel: (01252) 733245.

POWERTEC F50 ELECTRIC wheelchair. Red, completely refurbished before sale. £1,250 ono. Tel: (01252) 733245.

TRANSPORT FOR £300. Ford 1.6 GL estate. Main dealer car. Disabled owner for 8 years. Y reg, taxed to July '98. Tel: (01472) 827706 (Lincolnshire).

FORD ESCORT CHAIRMAN G reg. 11,000 miles, rear ramp, inertia belts. Carries 1 wheelchair plus passengers. Good condition, regular MOT. £3,000. Tel: (01287) 632069.

CARTERS DISABLED GLIDE hoist, ceiling mounted, like new, ready to install. Cost £1,500, will accept £800. Tel: 0181-994 3239.

RASCAL SPLITTER SCOOTER for sale. 3-wheeler, converts to 4-wheeler, in excellent condition. £600 ovno. Tel: (01883) 380543.

ELECTRIC TOILET RISER for sale. As new, cost £1,200, asking £600. Tel: 0181-959 7031 (northwest London).

POWERTEC F40 ELECTRIC wheelchair. 14in, excellent condition, £1,200 ono. Tel: (01793) 530584.

SUNGIFT 500 ELECTRIC scooter. Full lights, indicators, new batteries. One year old. £3,000 ono. Tel: (01274) 614903.

ADJUSTABLE ELECTRIC BED. Massages or raises both head and foot without assistance. £550, buyer collects. Tel: (01536) 513612.

METRO CHAIRMAN 1.3. A reg, taxed May '98, 1 year MOT, radio. Holds wheelchair plus four seats. £1,050. Tel: (01277) 232480 (Brentwood).

FORD ESCORT ESTATE. 1600 auto, C reg, 60k miles. Extra power assisted steering. Wheelchair hoist, cam handbrake. £950. Tel: (01633) 400351 (after 5pm).

FORD ESCORT CHAIRMAN van. Excellent condition. Registration December '95. Rear entry, three passengers plus wheelchair, 21k miles, safety systems. £10,995. Tel: (01553) 762881.

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FIAT FIORINO VAN. Red, G reg with wheelchair ramp. 1 year MOT, vgc. £2,000 ono. Tel: (0441) 025550 (East Sussex).

CHILTERN 100 SHOWER. Good condition, complete with seat, curtain, pump and non-slip ramp. £250 ono. Tel: 0181-803 3259 (Edmonton).

FORD ESCORT CHAIRMAN. G reg, 79,000 miles. MOT to September '98, vgc. £4,500. Tel: (01895) 252302 (Middlesex).

SUNGIFT MODEL 200 mobility scooter. Unused, cost £2,840, will accept £1,800. 2 year warranty outstanding. Tel: (01480) 433597 (evenings).

BOOSTER TOWN AND country. Special edition, excellent condition, new cost £2,495. Best offer secures. Tel: 0171-431 3467.

KEEP ABLE MK080 rising/reclining chair. As new, cost £845. Best offer secures. Tel: 0171-431 3467.

CARTER JUNIOR WHEELCHAIR. 21in wheel, suit 6 years up. £120. Tel: (01243) 670736.

NISSAN VANETTE K REG. 1992, 2 litre, diesel. Seats 5 plus wheelchair. Rear ramps, vgc, only 24,000 miles. One owner. Radio/cassette, security alarm. Call for further details. Tel: (01202) 744219 (after 6pm).

METRO CHAIRMAN A REG, 1984. Low mileage, excellent condition. Wax oiled, two new front wings, MOT, very reliable. £1,450 ono. Tel: 0181-743 5140.

INVACARE ELECTRIC WHELCHAIR, joystick control, adjustable seat and backrest. Battery charger and handbook. Only 4 weeks use, as new. New cost £4,600, now £2,500. Tel: (01372) 273595.

ELAP ROTATING CAR seat. Ideal for most cars. Seat is removable and original seat refitted easily. All fittings in mint condition, floor sliding type. £190. Tel: (01924) 892194.

LARK 3-WHEEL SCOOTER with batteries, charger and basket. Hardly used. Excellent condition £595 ono. Tel: (01237) 471091.

SEAT TERRA CHAIRMAN, Gowrings conversion. J reg, 50,000 miles. Electric ramp, winch. Seats three plus wheelchair. £4,000. Tel: (01908) 641455 (Bucks).

NEW STAIRLIFT FOR sale. Tel: 0181-540 9022.

PATTERNING TABLE FREE on collection. Tel: (01276) 65951 (Camberley, Surrey).

Continued on page 36

DN is on the web. Visit our site at http://www.disabilitynow.org.uk or you can e-mail us with ideas on editor@disabilitynow.org.uk

All Inclusive Small Group Holidays

Summer '98

Activity Centres ✱ Youth Hostels
Hotels ✱ Guest Houses
Special Care

Blackpool ✱ Littlehampton ✱ Bournemouth ✱ Thirsk
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York ✱ New Forest

Planned and organised all inclusive small group and individually tailored holiday packages for people with learning disabilities. Experienced, trained support provided.

Prices start from only £380*
Book now to avoid disappointment

To request a brochure for 1998 or find out more about the holidays call:
☎ 0845 6000140
quoting ref. HOL04
(Calls charged at local rate)

TACT is a voluntary organisation that provides holidays, residential and day service opportunities for people with learning disabilities.

*Seven nights holiday to York Youth Hostel 15-22 August 1998

Thames and Chiltern Trust Ltd is a Society Registered (number 27515R) under the Industrial and Provident Societies Act 1965.

What's in *DN* next month?



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  Style at the end of the phone.
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  Make the most of Spring.

Plus the best news, views, jobs and offers. On sale 28 March.

Wanted

ALVEMA MAX TO suit 5 year old. Will collect. Tel: 0181-9466 0186.

Personal

MALE, 36 SEEKS female 25-35. Looking for friendship, possible relationship. Fairly fit, enjoys sport. Anyone interested drop us a line. Box No. 178

LIVELY SINGLE FEMALE, aged 35, seeks male and female penfriends. Hobbies include meeting people, music, tv, cinema, dining out and generally having a good time. If you want to find out more, then why not drop us a line. P.S. I also have a disability. Box No. 179

MALE, 35, LIVING in southeast of England. I have a leg disability. I am 5ft 9in, have blue eyes and am single. I would love to meet a lady that I could talk to, go out with, and who knows what. I live in a village in Cambridgeshire on my own. I drive and can travel, so please get in touch if you are lonely – I would love to hear from you. Box No. 180

LONELY, DISABLED MALE, 29, seeks females and males for friendship. All ages, races, religions and disabilities accepted – no exceptions. Please write. Box No. 181

ARE YOU THE man for me? I am an outgoing, fun loving, "40 something" female wheelchair user, with my own home and a gsoh. I'm looking for someone to brighten up my life (couch potatoes need not apply!). If you love chinese food and hate the Spice Girls why not get in touch? Box No. 182

HI, MY NAME is Colin, I'm 29, have epilepsy and am partially sighted. I love listening to music and animals. I would love to meet a lady, aged 27-33 with a gsoh. Replies from all people will be accepted and replied to. Paisley area. Box No. 183

MY NAME IS Pete, I'm 35 years old, male, with cp. I enjoy music, cinema, drama and nights out. I wltm a male, aged 20-50 with similar interests, for friendship and possible relationship. Box No. 184

A YOUNG FEMALE disabled student who loves cinema, theatre, dining out and travelling and who does not let her disability get in her way, is looking for a caring and fun-loving friend aged between 25 and 30. Preferably someone living in the Hampshire area. Box No. 185

ARTISTIC 28 YEAR old, out going male, with gsoh, enjoys socialising, pubs, pottery, music and keeping up with technology. I have cp and use an electric wheelchair. I'm looking for a lady, aged 20-37 for possible relationship. Taped replied preferred please. Box No. 186

PENFRIENDS WANTED FOR a group of young adults with severe learning disability. Our interests include socialising, reading, writing, art, sports, computers, cooking etc. We all attend the same day centre and go to work placements and/or a college course. We would like to write to other similar people or groups in any area of the UK. Please write soon. Box No. 187

ATTENTION, ALL FUN loving females aged 25-45. You are urgently needed to spice up the life of a good looking, slightly disabled male, aged 38. Write with cv including full particulars to Box No. 188

MY NAME IS NITA Chinman, and I have Mitochondria myopathy. I have tried without success to find a group with people who have the same condition. If anyone has, or knows of anyone who has this condition, I would love to hear from them. I can be reached at Box No. 189

35 YEAR OLD with Hydrocephalus seeks pen pal aged 20-35 in the UK, with a mild disability, who plays football. I am a keen footballer myself. Box No. 190

LADY WISHES TO meet a nice, kind man, aged 35-45. I have cp. I am a very outgoing person, who loves animals. London area. Box No. 191

To reply to a personal ad indicate the Box Number and mark the envelope Private and Confidential. If you do not it will be opened. Send to *DN*, address on page 3.

For personal ads please send a cheque or postal order for £5 payable to *Disability Now* with your ad. This is to help cover our costs. Send to *DN*, address on page 3.

Holidays (continued on pages 37, 38)

COCKERHAM SANDS – Nr LANCASTER
edge of the English Lake District

9 Berth Caravan – Wheelchair Accessible
wheel in shower, electric cooker, fridge, TV, water heating includes bedding, crockery and cooking utensils but no towels. Pets welcome. The Caravan is situated on a purpose built site with all facilities. Swimming pool, club with evening entertainment, children's play area, well stocked site shop with all provisions, newspapers etc. Lancaster 15 minutes by car. Telephone for booking - Linda Phelps, St Omers Trust 01229 832073 (office hours only).

BEECH HAVEN is a detached bungalow with two double bedrooms set in the grounds of an old rectory in the village of Minchinhampton, Gloucestershire.

The bungalow is equipped for disabled visitors. Bathroom has wc, handbasin, bath with hoist and Bathability lift and flush floor shower. Full gas fired central heating is provided, electricity is via a token meter, and all bedding is provided, but no towels. No pets. Weekly rates are from £350.00 per week.

For further information telephone (01453) 885857.

ALGARVE - Carvoeiro
Luxury villa. Special facilities for disabled. Gardens, pool (+ hoist).
Tel: (01452) 371328.

April – May – June – July
Three bedroom holiday cottage
£140 per week
in the country – by the sea
Comfortable and well equipped – sleeping six
Wheelchair access in cottages, gardens & farm
GORSLWYD FARM, Tanygroes
Cardigan SA43 2HZ. Tel: 01239 810593
John ch 14 v 27



5 Star self catering cottages on animal park in North Wales. Fully wheelchair accessible with all services for disabled people, 2 miles from the beach. Three quaters hour drive from Snowdonia National Park. 01407 711433.

ORANGE BADGE MACHINE S.L.
Wheelchair Hire • Manual & Electric Chairs
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Edificio Arco Iris, Cristian Sur,
No 9 Av. Penetracion,
38650 Los Cristianos,
Arona, Tenerife
TEL/FAX: (00 34 22) 79 73 55

DN is available on tape. Contact Subscriptions, 6 Market Road, London, N7 9PW. Tel: 0171-619 7317.

WINGED FELLOWSHIP TOURS
Overseas holidays for people with disabilities. Holland, Eire, Channel Islands, France, Switz, Norway, Czech, Majorca, USA etc. Prices include flights, travel in adapted vehicles, accessible accommodation, nurse/couriers. Also UK budget "Discovery" holidays. All destinations accessible. Brochure from Gary Day: 0171 833 4579 ext 122.

ASHWELLTHORPE HALL HOTEL
provides good access, specialist equipment in some rooms. All in a comfortable, friendly country house hotel set in several acres of natural grounds, nine miles from the ancient city of Norwich, offering excellent opportunities for exploring the countryside and coastline of East Anglia.
Now taking Easter bookings.
Ring 01508 489324

Sand and Sea – SOUTHPORT
"Sandpipers" overlooks Southport's Marine lake/beaches. Trips to the Lake District, Blackpool, Alton Towers. Accessible holiday centre. 12 single rooms. 12 twin rooms. Help buttons. Indoor swimming pool. CTV. Bar. From £250 pw – food, full care/volunteer help included. Registered with Social Services. Most physical disabilities catered for. Brochure? Call: 0171-833 4579 ext 132.

SCOTTISH HIGHLANDS (CAIRNGORMS). 2 beautifully restored forest village cottages offering high quality family accommodation with Access Award for wheelchair users. Peaceful, secluded, very warm and generously equipped. Open all year, special rates. Comprehensive local access guide, domestic specifications and specialised equipment available. Tel/Fax 01479 821642 http://freespace.virgin.net/dv.dean/

ORANGE BLOSSOM COAST SPAIN
new for '98. Two sunny 4th floor 'penthouse' apartments in private beachfront complex. Pool, unspoilt resort. Two bedrooms each. Fully equipped, roll-in showers. Huge terrace with sea views. For brochure, tel: (01452) 740820.

JUBILEE LODGE – Essex
Purpose built holiday centre. Epping Forest, Cambridge. Southend nearby. 26 single en-suite rooms, 5 twin rooms. CTV. Motorized hoists. Bar. Conservatory. Coffee lounge. Visits/entertainment included. Help buttons. Nurses/volunteer support. Social Services registered. From £235 pw. For brochure call: 0171 833 4579 ext. 132

GAER COTTAGES
"1993 HOLIDAY CARE AWARD WINNERS"
Quality self-catering cottages for ALL the family with an emphasis on facilities for disabled visitors. 6 of the 9 traditional Welsh stone cottages are single storey, easily accessible from the car park. WTB Top Grading 5 Dragons. Luxurious indoor heated swimming pool with hoist. Games room. Open ALL YEAR. Groups welcome. For colour brochure telephone:
RICHARD & LINDA BURGESS
01570 470275

Luxury Apartment, beautiful location, near Wye Valley. Large pine beamed lounge/kitchen. Colour remote control tv, video recorder. Bedroom with remote control tv, ensuite double shower and wash basins. Sleeps 2/4. Access Grade One.
Raglan (01291) 690007/691207.

ODDICOMBE HALL HOTEL
"SECOND TO NONE"
Provides an excellent holiday for the disabled person, full disabled facilities, all rooms have breathtaking sea views, which open on to a private garden. Open all year. Why not escape and relax at delightful Babbacombe, Torquay.
Oddicombe Hall Hotel, Seafront, Babbacombe,Torquay TQ1 3LF, tel: (01803) 313457.
Holiday Care Service Category 2.

Continued on pages 37, 38

For sale

Mercedes Benz Viano MPV.
Silver automatic. Twin electric sunroofs.
Hydraulic underfloor lift by Cotrim.
Delivery miles only. £29,302 excl VAT.
Cathedral Motor Company, Truro, Cornwall.
Tel: (01872) 273949.

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VanFare, USA is a tetraplegic owned company specialising in new and previously owned adapted mini or full size vans for disabled driver, passenger or group transport.
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Fax: 001 978 768 6404
E-mail: vanfare@tiac.net
http://www.tlac.net/users/vanfare

Invatravel Conversions
Used converted VW Caravelles

1997 "R" GL 2.4ltr diesel, ex-demonstrator, rear lift etc. £18,950-00

1997 "P" CL 2.5ltr petrol, ex-demonstrator, rear lift etc. £16,850-00

1996 "N" GL 2.5ltr petrol automatic with cruise, underfloor lift etc. £16,500-00

1994 "L" CL 2.4ltr diesel, rear ramp etc. £10,750-00

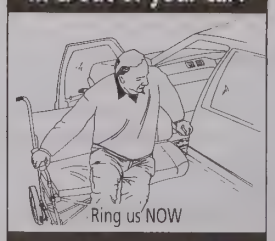
1993 "L" GL 2.5ltr petrol automatic with cruise, loads of extras, underfloor lift etc. £12,950-00

All above vehicles are one owner, fully serviced and 12 months warranty

Also 1990 "H" GL 2.1ltr auto, side lift etc. £7,950-00

Contact Paul Cassidy or David Reid for full details on (01704) 506608.

Having trouble getting in & out of your car?



GOWRINGS MOBILITY
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WHEELCHAIR ACCESSIBLE VEHICLE REGISTER
ARE YOU HAVING PROBLEMS LOCATING THE USED VEHICLE YOU NEED OR DISPOSING OF YOUR EXISTING VEHICLE?
Register your requirements or vehicle for sale with the Wheelchair Accessible Vehicle Register and let us match buyer with seller. For full details of this service telephone
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Build Cots and Beds for Adults and Children with Special Needs
We Design And Build Any Cot or Bed You Need.
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High Quality Fair prices
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Recruitment (continued on pages 37, 38, 39)

WEST OF ENGLAND COALITION OF DISABLED PEOPLE
require a disabled person for the post of
NORTH SOMERSET DEVELOPMENT WORKER
Apt & C pt 30 £17,625
35 hours per week
30 days annual leave
pension scheme
This full-time post could be negotiated to part-time, if necessary, for the successful applicant

WECODP is a well established campaigning and community development organisation in a thriving disabled people's movement and voluntary sector.

The post is an exciting opportunity to explore and develop alternatives to traditional services from a disability equality perspective in the North Somerset area and to support the empowerment of local disabled people.

We are committed toward equal opportunities and we particularly welcome applications from disabled people who experience simultaneous oppression.

For an application pack, phone Berni on 0117-942 0721 (voice & minicom) at The Yard, 6 Somerville Road, Bishopston, Bristol BS7 9AA.

Closing date for applications: **Friday 13 March 1998**
Interviews will be held on: **Thursday 26 March 1998**

This is a readvertised post, previous applicants need not reapply

Recruitment (continued on pages 38, 39)

Sandwell Disability Living Centre

The Borough of Sandwell is a welcoming place to live and work.

Multi-cultural community groups, a mix of industries and beautiful countryside, a strong and progressive voluntary sector and healthy partnership initiatives, are just a few key features of Sandwell.

The DLC is a three way partnership project between users, the health authority and social services, to develop high quality integrated services for people with disabilities. Funding has been secured for a new purpose built building scheduled to open in 1999.

Post 1 - Direct Payments Co-ordinator

Salary - £17,481 to £18,636 pa pro rata
30 hours per week (including some evening/weekend work)
3 years fixed term contract (subject to review)

Working under the direction of the Direct Payments Steering Group, you will be responsible for the on-going development and delivery of a direct payment scheme.
(As per the Community Care-Direct Payments Act 1996)

Post 2 - Information Officer

Salary - £16, 281 pa
37 hours per week (including some evening/weekend work)
3 years fixed term contract (subject to review)

Working under the direction of the Information Steering Group, you will be responsible for the continuing development and running of the information service at the DLC.

For further details and an application form, please telephone Denise Mathews on 0121-553 4343 or minicom number 0121-553 7774, quoting which post you are interested in.

Applications for the above posts are particularly welcome from black and ethnic minorities and people with disabilities.

Only shortlisted candidates will be contacted.

Sandwell DLC - promoting Equal Opportunities

Closing date: Friday 13 March 1998

DARLINGTON ASSOCIATION ON DISABILITY

Registered Charity No.518265

SERVICE CO-ORDINATOR

circa £18,000-£20,000 full time

Could you work with disabled people to support them in developing a new service to meet the needs of individuals? Could you assist people to access a wide variety of opportunities including leisure, education, training and work? The service would include the development of a drop-in point for disabled people to meet and socialise.

Do you have a good understanding of the social model? Are you committed to developing user led services? Do you have experience in managing and developing community initiatives? Can you demonstrate good networking and communication skills? If so then please contact us for an application pack.

Contact Christine Bennett, DAD, 20-22 Horsemarket, Darlington, DL1 5PT. Tel: (01325) 489999, Text: (01325) 488188. Available in braille, large print, tape and disc – please specify which format is preferred.

Closing date 18th March 1998

Interviews week beginning 30th March 1998

DAD strives to be an Equal Opportunities Employer. All positions are open to job share.

Up to £9,940 pa for 18 hours pw

Independent Living Employment Action Project(ILEAP)

Information Officer/ Focus Group Co-ordinator

(Project funded until December 1999)

Working with European partners, ILEAP is an exciting pilot project whose aim is to help break down potential barriers between employers and people with disabilities.

As part of a small team based in Twickenham, working across the public, private and voluntary sectors, the task is to set up focus groups and establish and maintain a database relating to all information for the project.

You should have a sufficient breadth of experience to make an immediate impact on the project, including the use of information technology, research experience, combined with an awareness of the social model of disability. Resourceful, able to work on your own initiative, you should have first-class communication skills and the ability to liaise effectively at all levels.

The office is based in an accessible building, with working hours that are flexible, subject to negotiation. We would particularly welcome applications from people with disabilities.

Application forms from the Recruitment Manager, Room 235, Guildhall 2, Kingston upon Thames, KT1 1EU. Telephone 0181 547 4601 (answerphone).

Closing Date: 16th March 1998.

Project Manager Newly Disabled Adults

Ref: 1098 **Salary: £21,448 - £22,302**
Hours: full-time (job-share will be considered)

Liverpool Health Authority and Liverpool City Council are jointly funding the above post for 3 years, to take the lead in developing a joint strategy for services for adults in Liverpool who acquire impairments (rehabilitation). Both agencies are committed to the social model of disability and the strategy will be based on that model.

You will be employed by and based in Liverpool Health Authority but will work with the Local Authority, local health providers, voluntary agencies and representatives of organisations of disabled people as defined by the British Council of Organisations of Disabled People.

You must be committed to the social model of disability and have a good understanding of rehabilitation models, the structures and operation of the Health Service and Local Authority, and of the Community Care Act and other relevant legislation. You must have experience of working in local government, the health service, or similar large organisation, experience of project management, and of achieving change in large organisations. You must also have experience of actively working to challenge the oppression of disabled people.

Applications are particularly welcomed from disabled people with physical and/or sensory impairment.

For an application pack please call the 24 hour answer phone 0151-285 2073 (regretfully voice only), quoting the reference number, or write to the Human Resources Department, Hamilton House, 24 Pall Mall, Liverpool L3 6AL (also available on disc).

Closing date: 10 March 1998

Interview Date: 24 March 1998.

Working Towards Equal Opportunities

DIRECTOR
£20,000

The Art House is a developing national body, creating opportunities for disabled and non-disabled visual artists. We aim to build accessible studio and exhibition space and are in the feasibility stage of the Lottery process. Our Director, Shar Taylor, is moving to the V&A, so the Board is seeking a new director to continue its successful growth. The Art House welcomes disabled applicants.

For application pack send your name, address and 49p stamp to The Art House, Dean Clough, Halifax HX3 5AX. Large print, braille and audio-tape copies on request.

Deadline for applications: Wednesday 25th March.

Interviews: Saturday 4th April

Registered Charity No. 1063671 and company limited by guarantee no. 3345162.

Funded by THE ARTS COUNCIL OF ENGLAND

Yorkshire & Humberside ARTS

Small Creative Solutions

A new disability controlled community enterprise

Applications are invited for two key posts in SCS, a new handy-person/ employment enterprise – owned by disabled people and based in Harrow. We therefore wish to recruit people with personal experience of disability. The business will operate commercially and give local disabled people opportunities leading to work or other related areas. It has been developed by a local consortium and will be managed by Harrow Association of DIsabled People (HAD) in the first three years.

Training and Employment Officer SO1 (FT). To assist disabled people to secure employment, self employment, placement or volunteer opportunities through individual training and support packages.

Personal Development Officer SO1 (FT). To assist disabled people to plan, develop and agree a structured Progression Plan tailored to their needs. The completion of the Progression Plan will enable beneficiaries to achieve their vocational or pre-vocational objectives.

SCS will be an equal opportunities employer offering positive action for disabled people. SCS is initially supported by Harrow Association of Disabled People, Harrow Community Trust, Midland Bank, Scope, Kodak, Glaxo and National Lottery Charities Board.

NATIONAL LOTTERY CHARITIES BOARD

Applications from Harrow Association of Disabled People, tel/fax: 0181-427 5569.

Closing date: 6 March. Interviews 13 March 1998.

Fuengirola – Spain

Studio in 4-star hotel on the sunny Costa del Sol. Wheel-in shower. 8km of level promenade with accessible restaurants and shops.
For info: Sue Abbott, 123 Coppermill Road, Wraysbury, Staines, Middx TW19 5NX, tel: (01753) 685718.

SOUTH WEST WALES

Luxury caravans (one specially designed for wheelchair users and their families). On beautifully situated, friendly family run park, 250 yds from sandy beach. Heated pool. Bar/restaurant. Games room. Sunrise Bay Holiday Park, Llansteffan, Carmarthen, Dyfed, SA33 5LP. Phone: 01267 241394.

WYE VALLEY *Specialising in Holidays for Disabled People*

Glorious valley & river views, 3 acres gardens, 3 lounges & conservatory. T.V./Radio all rooms. Menu choices. Physio, hairdresser.

MINIBUS OUTINGS TO TINTERN, SYMOND'S YAT ETC. - TAKES WHEELCHAIRS - CAN ALSO COLLECT/RETURN TO YOUR HOME.

Activitites, entertainments. Rates from £220/week.

☎ (01594) 530581 for brochure etc.
The Priory Res. Home, nr Tintern NP5 4TP

Norfolk, Nar Valley Holiday Cottages

3 self-catering, all wheelchair accessible, 1 with wheel-in shower room, 2 with airbaths. Mostly en-suite. On working farm - peaceful location, central for beaches and tourist attractions. Indoor heated swimming pool available for 1998.

More details and prices, contact: Rosemary on 01760 338797.

Holidays

THE STACKPOLE CENTRE

UNIQUE HOLIDAY COMPLEX ON THE SOUTH PEMBROKESHIRE COAST FOR FAMILIES, GROUPS & INDIVIDUALS: SELF-CATERING, COTTAGES, GROUP HOUSES & HOTEL (Wales Tourist Board 3 Crowns Highly Commended) POOL, JACUZZI, THEATRE, RESTAURANT, ART, POTTERY & MUSIC ROOMS, OUTDOOR ACTIVITIES, WHEELCHAIR ACCESSIBLE LEVEL 1
For info & Holiday Pack, Tel: 01646 661425 Fax: 01646 661456

LLETY MIERI
LLANDEILO, WEST WALES

3 charming award-winning cottages, designed for wheelchair users and their families. Peaceful rural location overlooked by Dinefwr Castle. Each warm and well equipped cottage sleeps 4. Extensive grounds and games room. Open all year. Short breaks available. Tel: **Catherine McLoughlin** (01558 823 059) for brochure.

Brittany Cottage to let. Fully adapted for wheelchair use. Good access to beaches. Sleeps up to 6. Details **C. Hodgson. Tel (01924) 454300.**

Have Fun, Fun, Fun! "Skylarks" – Nottingham

Purpose-built holiday centre recently reopened in August after £1.6m refurbishment. 26 single en-suite, 5 twin rooms. Electric hoists. CTV. Hydro pool. Bar. Help buttons. Free trips/excursions. Nurses/volunteer support. Prices from £245 pw – including food/care. For brochure, please tel: 0171 833 4579 ext 132.

CORNDENE – A SHROPSHIRE HOLIDAY

"Get away from it all" to this comfortable old rectory in beautiful, peaceful countryside. There's a special welcome for our disabled visitors & many return year after year. B&B plus Visitor's Kitchen. Superb access (Tourist Board Category 1), spacious ensuite ground floor rooms. Write, phone or fax: **Clare & David, Corndene, Coreley, Ludlow, Shropshire SY8 3AW, tel: (01584) 890324.**

SCOTTISH BORDERS. Two delightful, well equipped stone cottages with beautiful views in peaceful surroundings. Each sleeps six adults, STB 5 crowns/commended with disabled categories 2&3. Professional carers can be arranged. Ample private parking. Private gardens. Pets welcome. Kennels. Salmon & trout fishing, falconry and rifle & clay pigeon shooting for wheelchair users can also be arranged. Tel/fax 01450860678, e-mail kate@blacklee.demon.co.uk

Bonneuil Holiday Cottages

– Designed for people with disabilities in mind –
Own an idyllic holiday cottage in rural south west France. Bonneuil Holiday Cottages is a unique UK owned farmstead development project – site to include 6 cottages, large covered swimming pool, river fishing and tennis courts. Prices range from £28,000 per cottage.
For further details contact: Bonneuil Holiday Cottages, 53 Woodville Road, Mumbles, Swansea SA3 4AE.

NAISH HOLIDAY VILLAGE: Clifftop park with "excellent" status, New Milton, Hampshire. Excellent site facilities within 100 yds. with indoor/outdoor pools; restaurant, bar, take-away. Fully equipped, two bedroom, fully wheelchair accessible log cabin accommodation. Sleeps 6, well furnished. Free club membership.

GRANGE COURT HOLIDAY VILLAGE:
Park with "good" status, Goodrington Sands, Devon. Excellent site facilities within short walk, with indoor/outdoor pools, restaurant, bar, take-away. Fully equipped, 2 bedroom, fully wheelchair accessible mobile home. Sleeps 4-6, well appointed. Free club membership. ***(Purchased with funds from the National Lottery).***

MILDENREATH HOLIDAY VILLAGE:
Excellent seaside site with good facilities, just outside Looe in Cornwall. Restaurant, clubhouse, indoor pool. Fully equipped and wheelchair accessible 2 bedroom chalet accommodation. Sleep 6 – well furnished and comfortable. Free club membership.

Details: Mr P. Cash 01425 672055 – Bournemouth Spina Bifida Association, registered charity No. 261914.

WHEELCHAIR ACCESSIBLE HOLIDAY COTTAGE IN RURAL FRANCE

Charming cottage in Dordogne region available for rent. Reasonable rates. If you are looking for peace and quiet, warm weather, good food and wine, this is the place for you.
Book now for 1998.
For more information tel: **0181 885 4971** evenings

BREAK

holidays, respite care and short-term breaks.
Varied holiday programme for children, adults and families with special needs.
Full 24 hour care.
Contact Judith Davison, BREAK, 20 Hooks Hill Road, Sheringham, Norfolk NR26 8NL.
Tel: 01263 823170
Reg. Charity No. 286650

Continued on page 38

Holidays

PENROSE BURDEN NORTH CORNWALL
"Holiday Care Award Winners"
Holiday Cottages designed for wheelchair users and their families. Rural setting with superb views. Dogs welcome. Wood burning stoves and daily meal service. Please ring or write for colour brochure.
R&N Hall, Penrose Burden, St Breward, Bodmin, Cornwall PL30 4LZ. Telephone Bodmin (01208) 850277 or 850617

WHEELING AROUND THE ALGARVE
RONDANDO PELO ALGARVE
Self Catering villas and cottages, hotels, B&B, car hire with hand controls, adapted vans, etc. Scuba Diving courses and other sporting and leisure facilities.
David Player, Wheeling Around The Algarve, Apartado 3421, 8136 Almancil, Portugal
Tel: 00 351 89 393636
Fax: 00 351 89 397448

MAR Y SOL – TENERIFE
Enjoy year round sunshine at the Mar y Sol complex. Wheelchair accessible apartments, heated pool with hoist, restaurant, poolside bar, equipment hire, care agency. Ring today for cheapest winter prices. Contracted to ATOL agents.
Susan Abbott, 123 Coppermill Road, Wraysbury, Staines, Middx TW19 5NX. Tel: (01753) 685718.

Blagdon Farm Country Holidays
Devon/Cornwall border
Superb, south-facing, wheelchair accessible luxury bungalows overlooking lake and set within 38 acres of glorious countryside. Many on-site facilities including tea room/shop. Take-away meals and equipment hire available. Tourist Board Highly Commended.
For colour brochure please contact:
Pauline and Tony Blight, Blagdon Farm, Ashwater, Beaworthy, Devon EX21 5DF. Phone: 01409 211509. Fax 01409 211510.

CENTRAL BRITTANY FARMHOUSE
with excellent ground floor facilities for wheelchair users. Resident English owner. For brochure contact Peter Davies, 94 Church Road, Stretton, Burton upon Trent DE13 0HE. Tel: (01283) 543743

DRUMDELGIE HOUSE AND COTTAGES
By Huntly in beautiful Grampian. Superb views over Strathbogie on both castle and whisky trails. One cottage fully adapted for wheelchair use. Serviced or self-catering. Eve meals, licensed. Scottish Tourist Board 4 Crown Commended. Brochure (01466) 760368.

Country House Holidays – SURREY
Crabhill House. Fully accessible country house – with purpose-built extension. 26 single en-suite rooms. 5 twin rooms. Licensed bar. CTV. Conservatory. Lovely gardens. Electric hoists. Help buttons. Nurses/volunteer support. Day trips to Brighton, London, Theatreland etc. From £235 pw – food/care included. For information/booking form tel: 0171-833 4579 ext 132.

Discover rural France at
AUBERGE DE LA TOUR
Enjoy being wined and dined in our 12th century farmhouse situated in the Loire Valley/Vendee area. Fully wheelchair accessible. Minibus available for excursions. Personal care available. Qualified English nurse proprietor. Generous discounts for small groups. For brochure contact Pat & John Bartlam, 40 Rue St Eloi, Courlay, 79440 Deux Sevres, France. (00.33)5.49.72.25.37. or tel contact in England, Heather Bacon 01395 267084.

Situations wanted

Disabled chartered accountant (45) with extensive systems accounting experience currently living in North London but looking to relocate, particularly in Cambridgeshire, Suffolk or Norfolk. Willing to be flexible. Please reply to Box No. 198. Kingslea Press Ltd, 12 Dock Offices, Surrey Quays Road, London SE16 2XU.

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Recruitment (continued on bottom of page 39)

Scope (formerly The Spastic Society) is the UK's largest charity working with disabled people. We exist to enable men, women and children with cerebral palsy and associated disabilities to claim their rights, lead full and rewarding lives and play a full part in society.

Administration Assistant

£10,863 - £11,558
(35 hours per week)

Supported Placements is a service which is operated by Scope under contract to the Employment Service. It provides job opportunities for people with disabilities that wish to join the workplace but need extra support. You will work within a small team providing administrative and clerical support to the service. Your sole role will involve typing, calculating payroll details, processing invoices and dealing with confidential personnel information.

You will need to have at least 1 year's administrative/ clerical experience and a good understanding of calculators along with a good standard of typing. An excellent telephone manner, a knowledge of Word for Windows (training will be available) as well as tact and diplomacy are essential for this role.

For an application form please contact Jenny Harper-Scott at the Employment Services Agency, 10B Sterling House, Harding Way, St Ives, Cambs PE17 4WR on 01480 309600.

Closing date: 27 February 1998.

SCOPE
FOR PEOPLE WITH CEREBRAL PALSY

We are committed to equal opportunities

Charity No. 208231

WEST OF ENGLAND COALITION OF DISABLED PEOPLE

require a disabled person for the post of

SOUTH GLOUCESTERSHIRE DISABILITY EQUALITY FORUM DEVELOPMENT WORKER

Apt & C pt 30 (£18,066 pro rata)
17.5 hours per week
15 days annual leave
pension scheme

WECODP is a well established campaigning and community development organisation in a thriving disabled people's movement and voluntary sector.

This post is an exciting opportunity to develop an established Disability Equality Forum to make it representative of the disabled people's community in South Gloucestershire and support the empowerment of local disabled people.

We are committed toward equal opportunities and we particularly welcome applications from disabled people who experience simultaneous oppression.

For an application pack, phone Berni on 0117-942 0721 (voice & minicom) at The Yard, 6 Somerville Road, Bishopston, Bristol BS7 9AA.

Closing date for applications: **Friday 27 February at 4.00pm**
Interviews will be held on: **Thursday 12 March 1998**

Working together for our right to equality

WfAD
Waltham Forest Association of Disabled People

Disability Advocacy:

Come and join us. We want two part-time paid (15-20 hours per week) advocates (one BSL competent) and one part-time admin support worker. We also want volunteer advocates and volunteer steering group members.

We offer rewarding work, plenty of support and lots of fun.

Please ask for Kevin at WFAD, Unit 15, Alpha Business Centre, Walthamstow E17 7NX, phone 0181 509 0812, minicom 0181 223 0359. Please ask if you want details on tape, large print etc.

Closing date: 2nd April.

NATIONAL LOTTERY CHARITIES BOARD

Deadlines for the April issue of Disability Now:
Booking deadline is 13 March
Copy deadline is 17 March

ROLAC
Ramps

PRO-ACTIVE SALES PEOPLE/AGENTS

An opportunity is available in your area. If you have the motivation, a car and telephone, a leading manufacturer of access equipment for the disabled can offer you the chance to increase your earnings with an excellent commission and possible expenses package.

Interested? Call Bill Oakley on 01403 272153

To advertise your vacancies or courses please contact the Advertisement Director, Richard Gresham at Kingslea Press Ltd, 12 Dock Offices, Surrey Quays Road, London SE16 2XU, or Tel: 0171-252 1362 Fax 0171-237 8019.

Harrow Association of Disabled people

Advocacy Worker

Salary £18,795 (including OLWA) 36 hours per week

Harrow Association of Disabled People (HAD) is a growing dynamic organisation of disabled people. We are looking for a committed person for the position of Advocate. You must have good knowledge of disability and disability issues, as well as prior advocacy experience. You will be part of a small team helping HAD progress into the next millennium.

Part-time Administrator

Salary £4,350 (including OLWA) 14 hours per week

HAD is also looking for a committed person for the post of Administrator (part-time). You must have all the necessary skills to carry out the duties of an Administrator.

For an application pack, please contact HAD by tel: 0181-385 7835, fax: 0181-420 6155, or write to HAD, The Portakabin, Anmer Lodge, Coverdale Lodge, Stanmore HA7 3DH. We particularly welcome applications from disabled people or members of the black and ethnic communities.

Closing date for applications: 6th March Interviews 13th March

Co-Director (Job-share)

BADP **BRENT ASSOCIATION OF DISABLED PEOPLE**

17.5 hours per week

Salary: £23,877 + London weighting pro rata

Brent Association of Disabled People wishes to recruit a disabled person to this challenging post of Co-Director of a staff team committed to disabled people's self-organisation.

You will need the following skills:

- Financial management preferably in the voluntary sector.
- Ability to develop this large successful, user-led organisation representing disabled people in Brent.
- Knowledge of disability legislation and policies.
- Ability to liaise and negotiate with statutory agencies and organisations to develop good practice on disability issues in a "contract culture".
- Understanding of working in a multi-cultural community.
- Ability to represent diverse interests of disabled people using a range of strategies including advocacy, negotiation and campaigning.
- Experience of managing a well-established organisation and ability to lead and motivate a dynamic, enthusiastic staff team of ten people.
- Possess clear presentation and training skills.
- Service BADP's Management Committee and act as Company Secretary.

Finance and Funding Officer (job-share)

17.5 hours per week

Salary: £20,313 + London weighting pro rata

Brent Association of Disabled People wishes to recruit a disabled person as Finance and Funding Officer (job-share). The successful candidate should have experience of fundraising strategies in order to assist BADP and disability related groups in Brent to maximise funding opportunities. The postholder should have some experience of computerised accounting and have a willingness to undergo training.

The successful candidate will have a commitment to the empowerment of disabled people and an understanding of the social model of disability.

For job descriptions and application forms, apply to Brent Association of Disabled People, 154 Harlesden Road, London NW10 3RX. Telephone number and minicom: 0181-451 3822, fax: 0181-451 7803. Information is available on tape. BADP is an equal opportunities employer and is based in a fully accessible building. A 'no-smoking' policy is in operation.

Closing date for returned application forms is: **Thursday 5th March 1998**.

Interviews will be held on: **Friday 20th March 1998** for Director position and **Wednesday 25th March 1998** for Finance and Fundraising Officer position.

Grant Aided by L.B. Brent Registered Charity No. 297388
Company limited by guarantee No. 2082200 (incorporated in Great Britain)

CO-ORDINATOR

with IDEAL Training, an innovative disability equality training organisation. We particularly welcome applications from disabled people.

Details/application pack (available in all formats) from Wilma Lawrie, c/o LCDP, 8 Lochend Road, Edinburgh EH6 8BR. Tel/minicom: 0131-555 2151, Fax: 0131-554 1661.

This is a 3 year fixed term post, funded by the National Lottery Charities Board.

NATIONAL LOTTERY CHARITIES BOARD

Subs special

Subs offer – see coupon on p22

Holiday Inn CROWNE PLAZA®

If you like what you've read and want *DN* on a monthly basis, let us tempt you with this great offer.

Thanks to Holiday Inn, if you take out a subscription you will be entered into a draw to win a weekend break for two, bed and breakfast, at the Holiday Inn Crowne Plaza, Leeds.

This 4-star hotel is wheelchair accessible. There are bedrooms especially adapted for disabled people, all with lift access.

The two restaurants are on the ground floor, with the main bar and leisure facilities on the first floor with lift access. There are plenty of parking spaces for disabled guests.

Leeds itself has many tourist attractions, such as the Victoria Quarter, Royal Armouries and Tetley Brewery Wharf.

To enter this offer fill out the subscription form on page 22, deadline 30 March.

For details on special weekend breaks, tel: 0113-2616 805.

Win a new Freerider Mayfair scooter



New company Freerider (UK) of Corby, Northamptonshire, have joined forces with *DN* to offer one lucky reader a chance to win the new Mayfair scooter (*above*), worth £1,850.

The Mayfair is a modern designed, four-wheeled scooter offering practical solutions to everyday mobility problems.

Mayfair has easy to use controls with a battery-level-gauge to tell you how much power you have left for your journey.

At 22.5in wide, the Mayfair allows you to get around town and visit friends. It easily dismantles for transporting by car, allowing you to visit places further afield.

Freerider is promoting the Mayfair through a network of distributors throughout the UK who will take care of the customers' sales and after-care requirements.

The Mayfair is the first product to be launched by Freerider (UK) who are currently developing other models to add to their range in the next two years.

So why not enter today? Who knows, you could be out and about in 1998 on a Freerider Mayfair. Closing date 30 March. *Freerider, tel: (01536) 443888.*

Questions:

1. What is name of the Freerider scooter?
2. Where in the UK is Freerider based?
3. How wide is the Mayfair?

Send your entry to Freerider (UK) Ltd, FREEPOST MID 16985, Corby, Northants NN17 4BR.

Name: _____

Address: _____

_____ Postcode: _____

Independent living

If you want to see all the latest developments for house and garden, maybe picking up some ideas on the way, this is for you.

The 90th Ideal Home Exhibition will be at London's Earls Court, 19 March to 13 April, and *DN* has 10 pairs of tickets, worth up to £20 (depending on when you visit), to give away.

With over 600 exhibitors, the show has *Millenium Living*, featuring a high-tech "Oyster House", and *Perfect Home* that aims to "bring colour to life".

If you are not one of the 10 lucky winners, you can still order tickets from the hotline, quoting "H20", tel: 0990 900090.



To enter these special offers, please send your name, address and daytime telephone number on a postcard marked medical or home exhibition. Offers close on 9 March 1998. These offers are not open to *DN* staff and associates.

Do you have a taste for blood? Or are you fascinated by the history of medicine? If so, the Thackray Medical Museum, Leeds, is just the place for you.

The museum has generously offered *DN* five family tickets (two adults and two children), worth £10.75 each, to give away.

If you want to visit this informative, unusual museum, send a postcard to *DN* now.

Thackray Medical Museum, tel: 0113-244 4343

Doctor, doctor



Gut feeling: Inside the Giant Gut in the Bodyworks Gallery

Recruitment (continued from p38)

Levi's®

CORPORATE COMMUNICATIONS MANAGER

Where quality and style come in a pair

Salary: c.£40K + Car + Bonus + Benefits — **Northampton**

We are the brand leader in jeans, a global organisation with a responsible commercial focus and a very real commitment to our customers, our workforce and local communities. Following an internal promotion, we wish to appoint a communications professional to further develop and manage an integrated communications strategy to strengthen our corporate image in the UK and Ireland.

Your role will be to develop a communications strategy which supports our firmly held values and enhances our image locally and nationally within these markets. A key aspect will be to promote positive relationships with the media and build links with local communities, charitable bodies and government. Open and honest communication with our employees is an integral part of our culture. You will ensure effective internal communication to enhance employees' understanding of our business activities and to strengthen links with our operations in the UK and internationally.

With at least three years' experience in a corporate communications or in-house public affairs role you will be experienced in dealing with the media and be able to build positive relationships at both a local and national level. As a member of our Management Team, you will need a broad commercial understanding to complement your highly developed written and oral communication skills and strong interpersonal qualities.

Our culture is based on quality and equality. This is reflected in our workforce and in the ethical way we conduct business. Consequently, we welcome people from different backgrounds – the Levi's brand has no boundaries.

If you share these values and meet the criteria outlined above, please apply in writing with a full CV and current salary details to David Hudson at our advising consultants, Mercuri Urval Limited, Peat House, 45 Church Street, Birmingham B3 2RT quoting ref: 1601/709B.

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Whatever you're going through, we'll go through it with you. Please phone, visit or write
The Samaritans
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(Calls charged at local rate)
The Samaritans is a Registered Charity providing Confidential and Emotional Support.
Charity No. 219432

Handidate Dating Agency
A dating agency designed for people with disabilities and is open to discerning able bodied people.
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Lonely, bored and fed up? Why not give Handidate a try?
Handidate, The Wellington Centre, 52 Chevellier Street, Ipswich, Suffolk IP1 2PB
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Every Otto Bock wheelchair is as individual as your fingerprints

Everyone knows that no two fingerprints are exactly alike and the same goes for our wheelchairs. With approximately 500,000 possible adjustments, variations and options, virtually everyone can be assured of an individual solution to their requirements. Not only do we offer this customised service, but as all units are hand built in Germany, the quality is of the highest standard.

At all times, attention to detail is evident. From the built-in under-seat storage pocket to the neoprene padding on the weight bearing side panels, it's obvious that our designers have attended to the smallest item as well as the major design considerations.

So whatever your physical build, we have the expertise to produce a wheelchair designed specifically for your requirements. Contact us now for further information.

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Disability NOW

£1.60 March 1998 — The award winning newspaper for everyone with an interest in disability

Ride free on a Freerider worth £1,850

DDA calls time

In a landmark ruling, people with learning difficulties win the right to use their local pub. *See page 1.*

Cut it out: Disabled people protest against proposed Government cuts in benefit at David Blunkett's welfare roadshow in Cardiff. Story page 4.



WESTERN MAIL & ECHO

PARENT'S VOICE
Tory speaker won't stay mum



HOLIDAYS
Paris, Nepal and *DN*'s choo-choo checkout



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